

## Upper Endoscopy (EGD) Instructions

**Date of procedure:**  **Arrive at:**  Please select

### Location of Department:

Ochsner Medical Center Please select

Please select

Please select

### How to prep:

Day Before Procedure

- You may have a light evening meal.
- **No solid food after 7:00 pm.**
- Continue drinking clear liquids.

Day of the Procedure

- You may have water/clear liquids until **4 hours before your procedure** or as directed by the scheduling nurse . See below for list.

### What You **CANNOT** do:

- Do not drink milk or anything colored red.
- Do not drink alcohol.
- No gum chewing or candy .

### Liquids That Are **OK** to Drink:

- Water
- Sports drinks (Gatorade, Power-Aid)
- Coffee or tea (no cream or nondairy creamer)
- Clear juices without pulp (apple, white grape)
- Gelatin desserts (no fruit or toppings)
- Clear soda (sprite, coke, ginger ale)
- Chicken broth (**until 12 midnight the night before procedure**)

Comments: