

## **Preparation for Endoscopy**

**Day before your EGD:** NO solid food after midnight the night before your procedure.

**Day of EGD:** You may have clear liquids up to 4 hours before your procedure and absolutely nothing after that time, including gum, mints or candy.

**Acceptable clear liquids:** (any of the following not colored red or purple)

Apple juice, white grape juice, strained fruit juices without pulp, sports drinks such as Gatorade, Jell-O, popsicles, (read the label, some can contain dairy/fruits), clear soda, tea black coffee, flavored water or broth.

STOP Jell-O or broth 8 hours before procedure.

Milk or milk products are not allowed.

\*NO MARIJUANA 48 HRS BEFORE PROCEDURE\*

Please remove all dentures, partials and if any, piercings in your mouth.

**Failure to stop liquids 4 hours before your scheduled time will result in delay of procedure or possible cancellation.**

**Diabetic Patients:** Blood Sugar Management:

Please check your blood sugar more frequently throughout the day. When selecting liquids, please drink regular juices and sodas. If your blood sugar becomes low during your preparation, you may drink clear juices to help raise your blood sugar. If you have any concerns regarding your blood sugar or it has become low at any point during your prep, please call our office, and speak to one of the nurses 520-795-3090. If it is after hours, you will speak to a doctor on call.

**You must have someone drive you home after your procedure.** You will not be allowed to leave by yourself. You will not be able to drive for the remainder of the day.

**A 48-hour (business days) notice is required if you need to cancel or reschedule your appointment, or you will be charged a cancellation fee of \$100.00.**