

Center for Digestive Disease

EGD

FACILITY _____

DATE _____

ARRIVAL TIME _____

PROCEDURE TIME _____

FIVE DAYS PRIOR TO PROCEDURE:

STOP taking PLAVIX, COUMADIN, IRON, VITAMIN E, FISH OIL and OTHER OIL-BASED SUPPLEMENTS UNLESS YOU ARE TOLD OTHERWISE ADVISED BY THE PROVIDER.

DAY BEFORE PROCEDURE:

You may have a REGULAR DIET today until 7:00 pm. Please consume ONLY CLEAR LIQUIDS from 7 pm-Midnight.

NOTHING BY MOUTH AFTER MIDNIGHT!

DAY OF PROCEDURE:

You will be completely FASTING until after your procedure. It is OK to drink clear liquids 4 hours prior to procedure.

YOU MUST HAVE SOMEONE RESPONSIBLE AND OVER THE AGE OF 18 DRIVE YOU HOME, AS YOU WILL BE SEDATED FOR YOUR PROCEDURE.

YOU WILL NOT BE PERMITTED TO HAVE YOUR PROCEDURE PERFORMED WITH ANY TYPE OF ANESTHESIA WITHOUT A RESPONSIBLE RIDE.

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. NO RED or PURPLE LIQUIDS should be consumed.

CLEAR LIQUIDS:

- Water (Plain or flavored), tea and coffee (*no milk, no creamer or other dairy*)
- Clear chicken broth and consommé
- Pedialyte
- Apple juice and white grape juice
- Lemonade and limeade (*no pulp*)
- Sprite, 7-up and ginger ale
- Gatorade, Powerade and Kool-Aid (*no red or purple coloring*)
- Jell-O and ice popsicles (*no red or purple coloring, no fruit or pulp, no dairy*)
- Coconut water (*no coconut milk*)

NO SOLID FOODS: NO meats, NO vegetables, NO dairy, NO grains and starches. NO JUICES WITH PULP: NO orange juice, NO vegetable juices, NO nectars, NO smoothies. If pathology or biopsies are taken please allow 7 business days to obtain results.

PLEASE GIVE THE OFFICE 3 DAYS NOTICE TO CANCEL OR RESCHEDULE ANY PROCEDURES.

FOR QUESTIONS YOU MAY CALL OUR OFFICE AT 936-321-5440