



# EGD

## Upper Endoscopy Instructions

### READ ALL INSTRUCTIONS BEFORE STARTING

#### FOODS:

- Have nothing to eat after midnight.
  - You can drink water but you must stop at least 3 hours prior to your arrival time.
  - Do not chew gum or tobacco.
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#### MEDICATIONS:

- If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication.
  - Take all other morning medication with a small sip of water at least 3 hours prior to your arrival time.
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#### TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.
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#### CANCEL OR RESCHEDULE:

- Please let us know at least 3 business days prior to your appointment if you need to cancel or reschedule to avoid a late notice fee.
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#### SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR, CHEW TOBACCO) NICOTINE PATCH OK TO USE:

- Please do not smoke, on the date of the procedure, until after your procedure.

**CALL 210-614-1234 IF YOU HAVE ANY QUESTIONS**