

Upper Endoscopy Instructions

Date: _____

Arrival Time: _____

Night before

1

No solid food after midnight. Drink clear liquids only.

**Day of
procedure**

2

Stop drinking clear liquids four hours before your procedure. Do not chew gum or suck on hard candy.

What is a clear liquid?

Anything you can see through, but please limit drinking diet products. No red, blue, or purple please!

- Chicken, beef, or vegetable broth or bouillon cubes
- Crystal Light, sparkling water, or sports drinks
- Jell-O, Popsicles (without fruit), Italian ice
- Apple, white cranberry, and white grape juice
- Ensure (clear apple flavor only)
- Ginger-Ale, 7-Up, Sierra Mist
- Tea or coffee without milk/cream