

## Upper Endoscopy Instructions

Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

1 Day before



**No solid food after midnight. Clear liquids only.**

**See more information below.**

**4 hours before  
arrival time**



**Do not drink any liquids 4 hours before your arrival time.** Do not chew gum or suck on any hard candy. This is important to make sure that your stomach is empty prior to the sedation medication.

### What is a Clear Liquid?

Any liquid you can see through. Please no Red, Blue, or Purple. Examples include:

- Chicken, beef, or vegetable broth (or bouillon cubes)
- Coconut water (not milk), Crystal light, sparkling water, sports drinks
- Jell-O, popsicles (without fruit or nuts), Italian ice
- Apple, white cranberry, or white grape juice
- Ginger-Ale, 7-UP, Sierra Mist
- Tea or coffee WITHOUT milk/cream
- Pedialyte
- Ensure (Clear apple flavor only)

\*Although alcohol is a clear liquid, it can cause dehydration. You should NOT drink alcohol when preparing for your procedure.

**Note: \*If you have questions regarding your procedure, please call after 7 am and our staff can assist you.**

**Phone: 535-1100 press 5**

August 2024