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### **UPPER ENDOSCOPY (EGD) INSTRUCTIONS**

Please read over the following instructions carefully a week before your procedure:

1. Do not eat or drink after midnight the night before your procedure.
2. If you are taking Blood Pressure medication, you may take it with a sip of water 3 hours before your procedure.
3. If your procedure is scheduled for the afternoon, you may have clear liquids such as, jello (except red jello), 7-UP (caff. free), or water until 10:00 am. Do not have any beverages with caffeine.
4. If you are taking anticoagulants such as Coumadin, Warfarin, Heparin, or Aspirin, please notify your physician and stop 5-7 days before your procedure.
5. Please plan to arrive at **South Coast Medical Center** at the arrival time for the procedure. Go to Admitting to register (you do not need to go earlier than the arrival time). You will then be directed to the GI Lab.
6. You must plan to have an adult drive you home after the procedure, due to effects from the sedation that will be administered.
7. Please leave all valuables and jewelry at home, except for your health plan card and ID cards.

Procedure Date: \_\_\_\_\_

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

Pick-up Time: \_\_\_\_\_