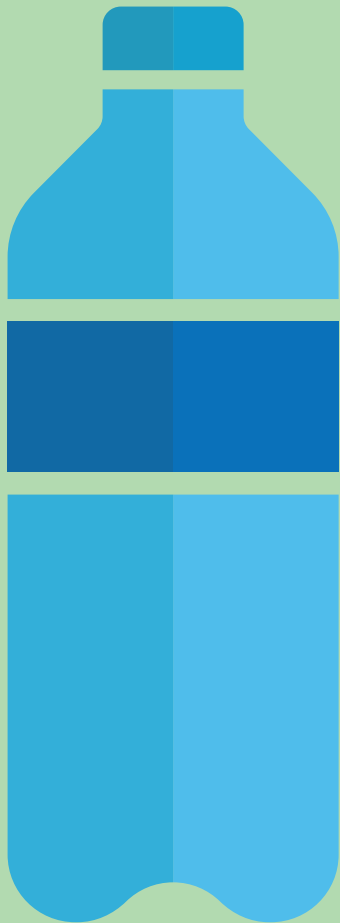


EGD (Upper Endoscopy/Gastroscopy) Instructions

**NO SOLID FOOD THE DAY OF YOUR
EGD (AFTER MIDNIGHT).
YOU MAY HAVE CLEAR LIQUIDS UP TO
3 HOURS PRIOR TO YOUR PROCEDURE.**



Examples of clear liquids include:

- Water
- 7-up
- Sierra Mist
- Ginger Ale
- Coffee or tea
(no milk, cream, or creamer)
- Clear broth/bouillon
- Clear juices
(apple, white cranberry, white grape)
- Popsicles
- Gelatin
- Gatorade
- Hard candy.

No products that are red or purple!

Do not drink alcohol on the day
before or the day of the procedure.