

**INSTRUCTIONS FOR:**

**UPPER GI ENDOSCOPY**  
(Esophagogastroduodenoscopy, EGD, Gastroscopy)

Endoscopic Retrograde Cholangiopancreatography  
(ERCP)

Percutaneous Endoscopic Gastrostomy  
(Peg Tube Insertion)

**DAY BEFORE PROCEDURE:** \_\_\_\_\_ You may eat a regular diet until 6:00pm.  
At 6:00pm begin clear liquids only (NO SOLID FOODS, THIS INCLUDES CHEWING TOBACCO) until  
3 hours prior to your procedure.

**DAY OF PROCEDURE:** \_\_\_\_\_  
Nothing by mouth after: \_\_\_\_\_. **THIS INCLUDES WATER, GUM, AND HARD CANDIES.**

**CLEAR LIQUIDS**

Water, clear strained fruit juices (apple, white grape, white cranberry, lemonade with no pulp), clear broth or bouillon, Jell-O (plain, without added fruits or toppings), coffee (black), Gatorade, ice Popsicles or Italian ice, tea (plain), soft drinks (Sprite, 7-Up, Ginger Ale), and Kool-Aid. **None of these products should be colored red or purple. No solid foods, milk or milk products.**

**ALCOHOLIC BEVERAGES ARE NOT CONSIDERED A CLEAR LIQUID!**

**\*\*Please review the provided patient rights and responsibilities.\*\***

# MEDICATIONS

STOP ALL: dietary supplements, vitamins and herbal medications 2 weeks prior to your procedure.

- Take all of your prescribed medications as you normally do up until the day of your procedure with the exception of:

- Effient
- Pradaxa
- Eliquis
- Plavix
- Aggrenox
- Xarelto
- Coumadin

- If you take Coumadin/Warfarin, you must have a Protime/INR drawn at UPMC Carlisle on: \_\_\_\_\_ .

- The morning of your procedure take all other prescribed medications that you normally take in the morning (with a small sip of water) except the following:

- Medication 1
- Medication 2

- Bring all inhalers with you the day of your procedure.

## IF YOU ARE DIABETIC

**Insulin Dependent Diabetics:** Take ½ of your normal evening dose of insulin the evening prior to your procedure.

**DO NOT TAKE ANY ORAL OR INJECTABLE DIABETIC MEDS THE MORNING OF YOUR PROCEDURE.**

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