



## Upper Endoscopy (EGD) Patient Preparation Instructions

*This prep is intended for patients who take GLP-1 Diabetic or Weight Loss Medications.*

### *Instructions for your appointment:*

- ✓ **The entire day before your procedure (starting at 12:01am):**  
DO NOT consume any solid foods. You may have full or clear liquids only.

This may include protein shakes, pudding, apple sauce, milk shakes, water, soft drinks, coffee, tea, popsicles, broth/bouillon, Jell-O, juice, etc. DO NOT consume anything red in color.

- ✓ **The day of your procedure (starting at 12:01am):**  
NOTHING ELSE BY MOUTH AFTER THIS TIME! (This includes water.)

Exception: Take necessary medications at least 4 hours prior to your arrival time with a small sip of water.

### *Frequently Asked Questions:*

#### **Can I brush my teeth the morning of my procedure?**

Yes, but do not swallow any liquid.

#### **Can I use tobacco products the day of my procedure?**

No, do not use any tobacco products prior to your procedure (cigarettes, chewing tobacco, snuff or vapes.)

#### **Can I have mints, hard candy, or gum the morning of my procedure?**

No, as they can stimulate gastric juices.

#### **I have additional questions. Who can I talk to?**

Contact our prep team at **(336) 448-2427** if you have questions or concerns.