



## Upper Endoscopy (EGD) Patient Preparation Instructions

### *Instructions for your appointment:*

#### **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.