

# SAN JOSE GASTROENTEROLOGY

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## INSTRUCTIONS FOR UPPER ENDOSCOPY (ESOPHAGOGASTRODUODENOSCOPY, EGD)

FOR THE BEST POSSIBLE EXAMINATION, PLEASE FOLLOW THE INSTRUCTIONS BELOW CAREFULLY.

- You must have a responsible adult (age 18 or older) to drive you home after your procedure. This does not include rideshare such as taxi, Uber. The sedative medication makes it unsafe to drive on the day of the procedure. **If you do not have a chaperone to drive you home, the appointment may need to be cancelled.**
- **Plan** to take the day off from work.
- **Do not** bring children to your appointment.
- **Leave** jewelry and valuable items at home.
- **DO NOT** eat or drink **8 HOURS** before the procedure.

**If your procedure is in the morning, then stop eating and drinking after midnight, the night before.**

**If your procedure is in afternoon, you may have light breakfast ( toast/milk) 8 HOURS before the procedure.**

- **DO NOT** take your morning diabetic medication on the day of your procedure.
- **DO** take your heart/blood pressure medication with a small amount of water on the morning of your procedure.
- **Bring** all of your daily medications (or an updated list) to your procedure.

It takes approximately 20 - 30 minutes to perform your procedure.

After the examination, you will remain in the recovery area for 30 - 60 additional minutes for observation.

If you have any questions, please contact our office at **408-347-9001**. If you need to reschedule or cancel your appointment, kindly give **3 business days notice**.

*Thank you very much for your cooperation.*