



valley
GASTROENTEROLOGY
ASSOCIATES



VGA
center for
Obesity Medicine

EGD Prep

Upper endoscopy (EGD) esophagogastroduodenoscopy is a test that visualizes the lining of the esophagus, stomach and the first part of the small intestine with the use of a lighted, flexible instrument called a gastroscope. The gastroscope is inserted into the mouth and guided down the throat into the upper GI tract. The physician examines the upper GI tract lining through a tiny video camera and watches the procedure on a video monitor. If further evaluation is needed, the doctor may take a biopsy or small sample of the upper GI lining to send to a laboratory for further analysis. The physician may remove or destroy polyps or abnormal growths with a biopsy forcep or a wire loop called a snare. They may use a balloon or other dilating instrument to stretch or open strictures or narrow areas in the upper GI tract.

Preparation for the exam:

- No solid food, cream or milk products are allowed after midnight.
- You may have clear liquids ONLY up to 4 hours before the exam. (See list below)
- Four hours before the exam you must be fasting. Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco, not even water after a specified time. This is necessary due to the sedation, or anesthesia, that will be used during your test. While you are sedated, or sleeping, fluid from your stomach may be aspirated, or move into your lungs. This can be very dangerous causing pneumonia, infection, and in rare instances, can be fatal. Fasting properly will lessen this risk and help prevent complications.

What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red- or purple-colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices (orange juice) are permitted.

Clear Liquid Examples

Fruit Juices	Popsicle	Powerade	Water
Pedialyte	Bouillon	Gatorade	Coffee
7-Up, Sprite	Kool-aid®	Tea, iced tea	Lemonade
Soda pop	Broth (beef, chicken)	Jell-O (no fruit)	

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. We recommend that you have at least 20 oz of Gatorade while preparing for your exam.

You are not permitted to have alcoholic beverages 24 hours before or after the procedure.