



DIGESTIVE HEALTH ASSOCIATES

Stuart B. Saslow, MD

Your Procedure will be performed at:
SOUTHWEST ENDOSCOPY CENTER
2 Burnett Court, Suite 200
Durango, CO 81301 (970-259-9369)

EGD Instructions

Day prior to your procedure:

Regular diet until midnight.

Midnight: No solid food.

Clear liquid diet only (see attached list).

On the day of your procedure:

Clear liquids until **two** hours prior to your arrival time.

If you chew tobacco, you may not chew for SIX hours prior to your arrival time.

Absolutely **NOTHING** by mouth for **TWO** hours prior to arrival- no water, gum, mints, hard candies. This is for your safety because you will be sedated for the exam. Failure to comply with this will result in a delay or possible cancellation of your procedure. Please take any necessary medications before this time.

- You should plan to be here for two hours from check in to check out, and you must have a **RIDE HOME** afterwards. **NO Taxi, Uber, or public transportation can be used.**



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Please call (970) 259-9369 with questions.

Clear Liquid Diet

Allowed to drink:

- Water
- Tea (no cream or milk)
- Black coffee (no cream or milk)
- Flavored water without red or purple dye
- Clear, light-colored juices such as apple, white grape, white cranberry
- Clear broth
- Sodas
- Sports drinks like Gatorade or Powerade (no red or purple dyes)
- Popsicles without fruit or cream, no red or purple dyes
- Jell-O or other gelatin without fruit; no red or purple dyes

Not allowed to drink:

- Alcoholic beverages
- Milk
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice
- Tomato juice
- Protein drinks
- Soup (other than clear broth)
- Cooked cereal
- Any kind of juice, popsicles, and gelatins with red or purple dyes