



Gastro One

Excellence in Digestive Health

Upper Endoscopy Diet Instructions

If you are only having an upper endoscopy follow these instructions.

If you are having both an upper endoscopy **and** a colonoscopy follow the instructions on the prep sheet for the colonoscopy.

- The day before your procedure you may have your usual food until 10:00pm. After 10:00pm you may have clear liquids only until 3 hours before your scheduled appointment arrival time.
- You may take your prescribed medications (except those listed in the booklet) with water up to 3 hours before your appointment arrival time on the day of your procedure.
- Do not use items such as gum, hard candy, breath mints or smokeless tobacco the day of your procedure.

Clear Liquids

Clear liquids include: water, coffee, tea, clear broth or bouillon, Gatorade, PowerAde, carbonated and non-carbonated soft drinks, Kool-Aid or other flavored drinks, clear fruit juices such as apple or white grape juice, Jello or popsicles.

NO RED OR PURPLE COLORS – NO MILK PRODUCTS – NO ALCOHOL