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### Preparation For Upper Endoscopy (EGD)

You have been scheduled for an upper endoscopy during which time, a flexible tube (the diameter of a pen) is used to visualize the food pipe, stomach, and first portion of the intestine. Photographs as well as samples of tissue may be obtained this time to help in diagnosing and treating your condition. It is important that you follow these instructions prior to arriving at the office for your test.

1. You may eat a normal dinner and evening snack the night before your scheduled test.
2. Bedtime medication should be taken as usual.
3. You should have nothing to eat or drink after midnight. ( An empty stomach is necessary for the test).
4. Your doctor will instruct you whether or not to take your regular medication on the morning of the test.
5. You will be given a mild sedative through a vein in your arm prior to the test. This requires that we keep you for observation for one to two hours after the test is completed.
6. Have someone accompany you for the purpose of taking you home. After receiving sedation it is against state law for you to operate a motor-vehicle.
7. If travel arrangements are not made the test may need to be postponed. (Please avoid this inconvenience by bringing a companion with you to drive home).

Call me if you have any questions

Thank you,  
Wayne Siegel, M.D