

DIGESTIVE MEDICINE ASSOCIATES, LLP

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ENDOSCOPY INSTRUCTIONS

PATIENT INSTRUCTIONS:

DO **NOT** eat solid food past midnight before the procedure and the day of the procedure

YOU CAN drink clear liquids the day of the test as long as you **stop 3 hours before** the time of the test.

Clear liquids are: Black Coffee (No Milk), Tea, Apple Juice, White Gatorade, White Grape Juice, Coke, Pepsi, Sprite, 7UP, lemonade

Clear liquids **are not**: Milk, orange juice, pineapple juice, yogurt.

- Do not take medication for Diabetes the night before or morning of the procedure.
- If you are on any Antihypertensive / Blood Pressure medication, you **SHOULD** continue to take them as usual, including the day of procedure, with a sip of water the day of the procedure.