

# Patient Instructions

## Esophagogastroduoendoscopy

**Your procedure is scheduled on:** \_\_\_\_\_

**Your arrival time is:** \_\_\_\_\_

*(Your arrival time may change up to the day before the procedure)*

**Location of procedure:**

- Tahoe Forest Hospital, Main Lobby Entrance  
10121 Pine Avenue, Truckee, CA
- InclineVillage Community Hospital  
880 Alder Avenue, Incline Village, NV

An Endoscopy nurse will call you 3-7 days before your procedure to provide preparation information and to confirm your arrival time. Please be aware that **arrival times may change up to a day before your procedure**. If you miss our call, confirm your appointment with a voicemail at (530) 582-3455 or text (530) 562-7350.

**THE DAY BEFORE THE PROCEDURE:** You may eat normally until midnight.

**THE DAY OF THE PROCEDURE: CONSUME CLEAR LIQUIDS ONLY.**

- Clear Fruit Juices
- Soft Drinks
- Clear Broth
- Popsicles
- Sports Drinks
- Coffee/Tea
- Gummy Bears
- Water

Stop taking any liquids **2 hours** prior to your arrival time, as indicated above.

If you are asthmatic, please bring your inhaler with you.

**YOU MUST BRING A DRIVER WITH YOU.** You will be legally impaired following your procedure and must not drive until the day after your procedure.

**2 hours prior to arrival, DO NOT drink, eat, or consume anything by mouth, INCLUDING WATER. NO gum, candy, ice or chewing tobacco.**

Take your prescription medications with a small sip of water.

