

Upper Endoscopy Preparation Instructions

IMPORTANT:

For the best results and to prevent the need to cancel or reschedule your upper endoscopy:

1. Only follow department instructions given by your gastroenterologist or on this instruction sheet.
2. Do not follow instructions from any other source.

Seven (7) days before your procedure

STOP:

1. Aspirin unless prescribed by a physician
2. NSAIDs including: Ibuprofen (Motrin, Advil), Naproxen (Aleve, Naprosyn), and similar medications
3. Iron, fish oil and vitamin E

OKAY/APPROVED:

1. Any regular medications (especially blood pressure and/or cardiac medications)
2. Acetaminophen (Tylenol)

▶ **You will receive additional instructions, guided by your prescribing physician, if you are taking:**

- Blood thinner medications such as Warfarin (Coumadin), Heparin, Lovenox, Plavix, Aggrenox, Ticlid, Pradaxa
- Diabetes medications

The day of your procedure

1. **DO NOT eat any food or dairy products. Eating any solids may result in your procedure being cancelled.**
2. **Avoid alcohol.**

OKAY/APPROVED:

1. Any regular medications unless instructed otherwise
2. Okay to drink the following up until 3 hours prior to your procedure:
Water and clear liquids including:
 - *Juices:* apple, white grape, white cranberry, lemonade.
 - *Broth:* chicken, beef or vegetable
 - *Soda:* 7-Up, Coke
 - *Other:* black coffee, tea, popsicles, jello, sports drinks

▶ **3 hours before your scheduled procedure time:**

- Nothing by mouth starting 3 hours prior to your procedure.

Before your procedure

► Transportation Reminders

1. You must arrive at your given location one (1) hour before your scheduled procedure time. Your entire stay will be between 2 to 3 hours.
2. You are not permitted to take a taxi, operate any mode of transportation yourself or use any public transportation to get home after the procedure. A responsible adult will need to drive you home, and someone should stay with you for at least 2 hours to make sure there are no issues following the sedation or procedure.

What to expect upon arrival for your procedure

1. Prior to the procedure, a nurse will ask you questions to ensure that you understand the procedure and the reason for it, and to ensure that you prepared properly for it. The gastroenterology doctor will also review the procedure with you.

After the procedure

1. Rest for the remainder of the day for your health and safety.
2. Do not participate in any activities which require coordination or judgment. You may return to regular activities the day after the procedure.
3. Some bloating, gas or mild cramping is normal and should diminish.
4. At the conclusion of your procedure, you will receive specific information about findings, post-procedure instructions and precautions.