

UPPER ENDOSCOPY PREPARATION

DIET CHANGES	<ul style="list-style-type: none"> • AFTER MIDNIGHT: STOP EATING • You can consume CLEAR LIQUIDS up until 3 hours before the test <ul style="list-style-type: none"> ○ Clear liquids include iced/hot tea, black coffee, clear broth, apple or white grape juice (without pulp), gingerale, jello, ice pops • 3 HOURS BEFORE: STOP CLEAR LIQUIDS; No candy or gum chewing during this period
MEDICATIONS	<ul style="list-style-type: none"> • If you are taking Medicines That Thin Your Blood: Contact your provider to discuss any adjustments that might be required <ul style="list-style-type: none"> ○ Medications include but are not limited to Aspirin, Plavix, Coumadin, Lovenox, Eliquis, Xarelto • If you are taking Aspirin: <u>Do not hold</u> it pre-procedure. Please take it the morning of your procedure with a small sip of water. • If you are taking Blood Pressure Medication: <u>Do not hold</u> them pre-procedure. Take them the morning of your procedure with a small sip of water. • If you are taking Diabetes Medications: Contact your prescribing doctor to discuss adjustments the day before and the day of your procedure
PROCEDURE DAY	<ul style="list-style-type: none"> • Take your regular medications in the morning with sips of water • Arrive 30 minutes prior to your procedure, no later! • Bring list of current medications including doses • Bring a Photo ID • Bring Insurance Card • Bring any applicable Referrals • Please do not bring any valuables
ESCORT	<ul style="list-style-type: none"> • Please ensure that you have an escort (responsible adult over the age of 18) to pick you up at the end of the procedure