MANHATTAN GASTROENTEROLOGY

147 East 26th Street
New York, NY 10010
(212) 427-8761
Manhattangastroenterology.com

UPPER ENDOSCOPY PREPARATION

7 DAYS BEFORE	• **Stop any GLP-1 medications** (injection or oral) • Cease smoking any marijuana, tobacco, or nicotine products

DIET CHANGES	• **AFTER MIDNIGHT: STOP EATING**
	• You can consume CLEAR LIQUIDS up until 3 hours before the test
	  ○ Clear liquids include iced/hot tea, black coffee, clear broth, apple or white grape juice (without pulp), ginger ale, Jell-O, ice pops
	• **3 HOURS BEFORE:**
	  ○ **STOP CLEAR LIQUIDS**
	  ○ **No candy or gum chewing during this period**

MEDICATIONS	• If you are taking **Medicines That Thin Your Blood:** Contact your provider to discuss any adjustments that might be required ○ Medications include but are not limited to Aspirin, Plavix, Coumadin, Lovenox, Eliquis, Xarelto • If you are taking **Aspirin or Blood Pressure Medication**: <u>Do not hold</u> them pre-procedure. Please 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	• Take your regular medications in the morning with sips of water • **Arrive 30 minutes prior to your procedure, no later!** • **If you are a premenopausal female, you will need to submit a urine sample upon office check-in** • Bring a list of current medications, including doses • Bring a Photo ID • Bring Insurance Card • Bring any applicable Referrals • Please do not bring any valuables
ESCORT	• Please ensure that you have an escort (responsible adult over the age of 18) to pick you up at the end of the procedure