

Upper Endoscopy Preparation Instructions

7 DAYS BEFORE YOUR UPPER ENDOSCOPY:

- Discontinue use of the following: Aspirin, Advil, Aleve, Motrin, Ibuprofen, Ecotrin, Nuprin, Indocin, Celebrex, Vitamin E, Multivitamin, Fish Oil (avoid pills, you can eat fish), Nuts and Seeds
- If you are taking blood thinners (Plavix or Coumadin) or diabetes medications, follow the doctor's specific instructions.
- Continue taking your blood pressure medication

1 DAY BEFORE YOUR UPPER ENDOSCOPY:

- You may eat a normal breakfast and lunch.
- **At 5pm**, you will have a light dinner. Be sure not to eat any roughage.

Roughage: Do Not Eat	Examples of what you can eat:
<ul style="list-style-type: none">• Salad• Lettuce• Vegetables	<ul style="list-style-type: none">• Meat• Pasta• Bread• Rice & Potatoes

- After dinner from **6pm-12 midnight**, you may only have fluids. Nothing to drink after midnight (this includes water)

THE DAY OF YOUR UPPER ENDOSCOPY:

- Bring your medication reconciliation sheet with you. If one was not provided, bring a list of medications you currently take, including the dosage of these drugs, and the last time you took them.
- Bring your insurance card, license and co-pay.
- Nothing to drink (this includes water)! You may take your morning blood pressure medication as usual with a slight sip of water. Blood thinners and diabetes medications: follow doctors specific instructions for the day before and morning of your procedure.
- All females under the age of 50 will be asked to provide a urine sample prior to the procedure.
- An adult must drive your home from your procedure. You will be given medications to sedate you during the procedure and you will be unable to drive home, and for the remaining of the day. Your ride should be in the office to pick you up 1 hour after your scheduled procedure. Even though you may not feel tired, your judgment and reflexes will be impaired.