

## UPPER ENDOSCOPY PREPARATION

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