

## 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 (just pill, 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
- Only Tylenol products are allowed

### 1 DAY BEFORE YOUR COLONOSCOPY:

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

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

- After dinner from **6pm-midnight**, you may have only fluids. Do not have anything to eat or drink after midnight (including water)

### 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.
- **Do not drink anything, including water.** You may take your morning blood pressure medication as usual with a slight sip of water. For blood thinners and diabetes medications, follow doctor's 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 person must drive you 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 remainder 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.