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UPPER ENDOSCOPY

Preparation Instructions

∂ **Procedures at Atherton Endoscopy Center:** Arrive 1/2 hour before scheduled procedure ∂

∂ **Procedures at Sequoia Hospital:** Arrive 1 1/2 hours before scheduled procedure unless in the OR with anesthesia, then arrive 2 hours ∂

∂ **Procedures at El Camino Hospital:** Arrive 1 1/2 hours before scheduled procedure ∂

Purpose of Procedure:

The endoscope, which is a flexible lighted instrument, is swallowed through the mouth to examine the esophagus, stomach and the duodenum. You may read more about the procedure on the attached brochure.

Five days before the procedure:

Please do not take any coumadin, aspirin, or nonsteroidal anti-inflammatories, such as ibuprofen (Advil, Motrin), naproxen (Aleve), Feldene, Relafen, Daypro, etc. Acetaminophen (Tylenol) is acceptable.

Preparation:

For a **morning** procedure: Do not eat or drink anything after midnight the night before.

For an **afternoon** procedure: You may have a clear liquid breakfast before 8AM. This includes: beef/chicken broth; black coffee/tea with sweetener; apple, white grape, or white cranberry juices; Gatorade; and Jell-O. Please avoid any red/purple colors.

You may take your morning medications with a small sip of water, unless otherwise instructed. If you are a diabetic, please discuss your medications with one of us.

You will most likely receive sedation and will require a designated driver to take you home. Public transportation and taxis are not an option. If you need assistance, our office may be able to help you find a ride.