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Name: \_\_\_\_\_

Date/Time: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Date Of Birth: \_\_\_\_\_

LOCATION: \_\_\_\_\_

## **UPPER ENDOSCOPY** Preparation Instructions

### **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.** *If you have a history of blood clots, coronary artery stents or a mechanical heart valve please discuss this with your doctor.*

### **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.