Patient Name: _____ □ **JAMES D. TOROSIS, M.D.**

Patient DOB: _____/_____/_____ □ **VICKY W. YANG, M.D.**

Location: AEC 3351 El Camino Real, Suite 220, Atherton, CA 94027 □ **DANIEL S. RENGSTORFF, M.D.**

Procedure Date/Time: _____ Check In: _____ □ **CYNTHIA W. LEUNG, M.D.**

□ **MADHURI BADRINATH, M.D.**

Upper Endoscopy Preparation Instructions

The purpose of this procedure is to visually examine the esophagus, stomach, and duodenum using an endoscope, a flexible lighted instrument which is swallowed through the mouth.

*****GLP-1 AGONISTS (like Wegovy, Ozempic, and Mounjaro) NEED TO BE HELD 1 WEEK PRIOR TO PROCEDURE*****

5 DAYS BEFORE THE PROCEDURE

If you take blood thinners, (Coumadin, Plavix, Xarelto, Pradaxa, Effient or similar) please check with your doctor when you should stop this medication.

****PLEASE STOP YOUR _____ ON _____.**

You may take a Tylenol (acetaminophen) or continue a daily aspirin.

THE EVENING BEFORE THE PROCEDURE

NO SOLID FOODS AFTER MIDNIGHT

After midnight, you may consume a “Clear Liquid Diet”. Clear liquids include clear juice, tea, Jello, broth, coffee without cream – anything you can see your fingers through. Avoid red or purple colors please! You may continue to drink clear liquids until 2 hours prior to your procedure.

THE DAY OF THE PROCEDURE

DO NOT TAKE ANYTHING BY MOUTH FOR 2 HOURS PRIOR TO THE PROCEDURE.

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

You cannot drive yourself home. No Uber, Lyft or Public Transportation. Your doctor will not release you unless there is someone there to bring you home.