



Endoscopy Preparation

UPPER ENDOSCOPY:

This procedure is used to diagnose and treat problems in your upper GI tract. It is performed using a long, flexible tube called an endoscope. The tube has a tiny light and video camera on one end, and transmits images to a monitor.

DAY: _____ DATE: _____

Five (5) Days before procedure:

- Stop taking Anticoagulants or blood thinners, such as: Coumadin, Xarelto, Plavix, Pradaxa or Eliquis, if necessary, we will request a cardiac clearance.

Day before Procedure:

- DO NOT EAT OR DRINK ANYTHING **AFTER MIDNIGHT.**

Day of Procedure:

- No smoking before your procedure.
- No gum or hard candy / mints the day of the procedure.
- Take any currently prescribed heart or blood pressure medications (**DO NOT** take lisinopril) with a sip of water at least 2 hours before your arrival.
- All other medications may be resumed after your procedure.
- You may have clear liquids until 7:30am only if your procedure is scheduled after 1:30pm.
- **If you are diabetic:** To avoid dangerously low blood sugar, please do not take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- Plan on being at the facility for approximately 2 hours.
- A driver must accompany you to the facility.
- You will **NOT** be allowed to drive or take a cab.