

# Preparing for upper endoscopy

## *Calabasas Advanced Gastroenterology*

24100 Calabasas Rd, 100, Calabasas, CA 91302 (phone: 818-578-6454)

[www.calabasasgastro.com](http://www.calabasasgastro.com)

**PLEASE REVIEW THESE INSTRUCTIONS CAREFULLY.  
QUESTIONS? CALL (818) 578-6454.**

You must have fasted since midnight prior to the day of your procedure with no solids, liquids, chewing gum or any candy prior to having your procedure. Any liquid or food in your stomach will increase risk for aspiration pneumonia due to sedatives used for the procedure. If you must take blood pressure or heart medication the morning of your procedure, please take the medicine prior to 6am with no more than 2 oz of water.

### **Important Medication Instructions**

#### **DIABETICS**

1. If you are on any type of medication for diabetes, oral medications or insulin, you should bring the medications with you on the day of procedure.
2. If you are currently taking oral diabetes medications, please **DO NOT** take your pills on the day of your procedure until after the procedure.
3. If you are on insulin, you should administer insulin according to your usual instructions on the day of preparation while you are on clear liquids and taking laxatives. Your blood sugar will be checked when you arrive in the Endoscopy Center prior to your procedure.
4. If you are on an insulin pump, you should obtain instruction from your endocrinologist specifically for your scheduled procedure.

#### **HEART AND BLOOD PRESSURE MEDICATIONS**

Please take all your usual blood pressure and heart medications on the day you are preparing for the procedure **AND** on the morning of the procedure with a small amount of water unless you are advised otherwise.

#### **BLOOD THINNING MEDICATION (ANTICOAGULANTS)**

1. If you are on blood thinners due to high risk for heart attack such as coronary stent placed in past year, severe cardiomyopathy, severe aortic valve stenosis, or if you have a high risk for stroke due to unstable cardiac arrhythmias, your cardiologist or primary physician prescribing your medication must be notified of your scheduled procedure and specific instruction regarding your medication will be obtained.

### **SEIZURE MEDICATIONS, INHALERS AND THYROID MEDICATIONS**

1. You should not stop any type of seizure medications even on the day of your procedure. You may take the medication at 5 am with 2 oz of water the morning of your procedure.
2. You should continue to use inhaler medication for respiratory disease and bring them with you to the endoscopy center.
3. You should not stop thyroid medications even on the day of your procedure. You must take the medication at 5 am with 2 oz of water the morning of your procedure.

### ***Transportation***

- *Arrange for someone to drive you to and from the procedure.*
- *Do not use a taxi or bus unless you have someone that join you for the ride home.*
- *You cannot drive for the remainder of the day after your procedure because of the sedation medications. If you are unable to arrange for a driver, we will need to reschedule your appointment.*
- *Arrange for your driver to be with you after the procedure to talk with your doctor and nurses. Due to the medications, you may not remember important information.*

### ***Please do not bring children with you if at all possible.***

*The time spent waiting during the procedure, including prep and recovery time, can be stressful for children.*

### ***Jewelry***

*We highly recommend you remove all jewelry, including wedding rings, and leave them at home. Tongue piercings must be removed.*

### ***Pregnancy Testing***

*Female patients of child-bearing age may be asked to provide a urine sample if pregnancy status is unknown. If you are pregnant, risks and benefits should be discussed with your physician prior to continuing with the procedure.*

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### Day of Your Procedure

- Take your routine prescription medications (except those which advised against), until 3 hours before procedure time with no more than 2 oz of water
- Plan to be at the Digestive Health Center for a total of 2-3 hours. This includes registration, procedure and recovery time.

### Things to Bring with You

1. A current list of medications and dosages.
2. If you have a current living will and/or durable power of attorney for health care, please bring a copy of it to your procedure so we can update your health file.

### Moderate Sedation: What You Can Expect

Moderate sedation is a mixture of medicines given during a procedure to help relieve pain and anxiety. While under moderate sedation, you are able to answer questions, speak to your health care professionals and breathe on your own. The medications may cause you to have brief memory loss during your procedure and for a short time afterward.

### After Your Procedure

You will be monitored after your treatment. During this time, a nurse will check your blood pressure, heart rate, breathing and alertness. You will be sent home with your responsible adult driver and written instructions. You may feel sleepy and light-headed, but this feeling will fade.

- Do not drive a car, operate machinery or power tools.
- Do not drink any alcoholic drinks.
- Do not make important legal decisions.
- Do not smoke for the first 8 hours without supervision.

Do not cook on a stove or use a microwave without supervision.

Please visit our website: [www.Calabasasgastro.com](http://www.Calabasasgastro.com)

Please educate yourself about your condition and the procedure under **patient education** section of the website

Please see related procedure **videos** under **services** section of the website

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