

# Upper GI Endoscopy Instructions

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## Today

- Take time off of work for the day of your endoscopy.
  - Find a responsible person to either drive you home or ride with you in a car service after your upper GI endoscopy. **You will not be able to drive yourself after the procedure.**
  - If you are taking any blood thinner medications other than aspirin or NSAIDs**, please contact the doctor who prescribes this medication. Depending on the specific blood thinner, these will typically need to be stopped between 2-5 days before your procedure.
  - If you take medications for diabetes or weight loss**, please contact the doctor who prescribes this medication. Depending on the specific medication, this may need to be stopped altogether between 1-7 days before your procedure, or the dose may only need to be reduced starting the day before your endoscopy.
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## 7 Days Before Your Endoscopy

- Make sure a plan is finalized if you need to stop taking blood thinners, diabetes medications, or weight loss medications prior to your endoscopy.
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## The Day Before Your Endoscopy

- Eat a regular breakfast and lunch.
  - Eat a light dinner.
  - Do not eat any foods after midnight.
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## The Day of Your Appointment

- You can drink clear liquids up until **3 hours before** your endoscopy.
  - Clear liquids are: water, apple juice, clear broths, Jell-O, black coffee or tea without milk/cream, Sprite, Ginger ale, Gatorade, popsicles (no sherbet or fruit bars), flavored ice. **Nothing red or purple.**
- Take your usual medications with a few sips of water unless you are told otherwise.
- Starting **3 hours** before your endoscopy, **do NOT have anything else to drink.**
- Be sure to check the location of your procedure listed above. We look forward to seeing you!