

Pre-Procedure Instruction for Upper Endoscopy / Gastroscopy Preparation

Only use this preparation if directed to by your specialist.

Please follow the instructions closely.

Seven (7) days before your procedure:

- 1. If you take COUMADIN or PLAVIX, you must call your GI doctor's office at least seven days before your appointment so we can discuss whether these medications can be stopped safely before the procedure. We will need to know about whether you have atrial fibrillation or have received any cardiac stents or artificial heart valves.**
- 2. If you have diabetes and take medication to control your blood sugar, contact your primary care physician or diabetes specialist for instructions about how to take your diabetic medication while preparing for this procedure.**

Two (2) days before your procedure:

- 1. Stop arthritis medications such as Motrin, Ibuprofen, Advil and Naprosyn for two days before the procedure, as these medications may increase your risk of bleeding. Tylenol is okay to take.**

The day before the procedure:

- 1. Do not eat anything after midnight on the night before the procedure.**

On the day of the procedure:

- 1. No solids after midnight the night before.**
- 2. You may have clear liquids up to three hours before your procedure. Clear liquids can include water, tea, black coffee, clear broth, apple juice, Gatorade, soda, and Jell-O (not red). You should take your usual medications (except diabetic medicine or blood thinners) with a few sips of water. Stop all liquids three hours before your procedure. Do not eat or drink anything until after your procedure.**
- 3. If you have diabetes and routinely do a finger stick, do so prior to admission.**
- 4. Wear loose-fitting comfortable clothes; leave all jewelry at home**

After the procedure:

- 1. You will be monitored in the Endoscopy recovery area for approximately 30 minutes.**
- 2. Please carefully review your discharge paperwork for follow up instructions.**
- 3. You may have some abdominal bloating and gas after the procedure. It should resolve within a few hours.**
- 4. You may eat your usual diet after the procedure, unless advised otherwise.**
- 5. You must have a responsible adult accompany you home.**

Please be sure to verify the location of your procedure with your GI doctor's office.