

## Upper Endoscopy Preparation Instructions

Your procedure is scheduled on \_\_\_\_-\_\_\_\_-\_\_\_\_ at \_\_\_\_\_ AM/PM

(Procedure times are subject to change. Please expect a phone call from the hospital the day prior to your scheduled procedure date with final time of arrival.)

**Please follow these  
instructions carefully!!!**

### **THE DAY BEFORE YOU PROCEDURE:**

- 1) You may have a regular diet the day before your upper endoscopy. You may take your prescription medications the day before your procedure (except for those medications your physician has instructed you to stop).
- 2) You may take your prescription medications the day before your procedure (except for those medications your physician has instructed you to stop).
- 3) NO ALCOHOL the day before your upper endoscopy.
- 4) Do not eat anything after midnight.

### **THE DAY OF YOUR PROCEDURE:**

- 1) Do not drink anything 6 hours prior to your upper endoscopy.
- 2) You may take your prescription medications with sips of water up to 6 hours before your upper endoscopy (except for those medications your physician has instructed you to stop).

**3) Please arrive at the hospital front desk 60 minutes prior to your scheduled procedure time for registration.** Plan to be at the hospital for 2 to 4 hours.

- 4) What to bring the day of the procedure(s):
  - a. Your **insurance** card.
  - b. **Driver's license or government I.D.**
  - c. A complete list of all your **medications**.
  - d. The first and last names and addresses of all the physicians you want to receive a copy of your procedure report.
  - e. **Someone to drive you home.** Sedation is usually given for the procedures. As a result, you will not be able to drive, operate machinery, do any heavy lifting, make any important decisions, sign any legal documents, or return to work for the rest of the day. After the procedure, you cannot be released from the endoscopy department unless you are accompanied by a responsible adult. You can resume your regular activities the day after the procedure, unless otherwise instructed by your physician.

f. Wear comfortable, loose fitting clothing that is easy to remove and put on, and comfortable shoes. Do not wear jewelry, and do not bring valuables.

**AFTER THE PROCEDURE:**

- 1) You may resume a regular diet, unless otherwise instructed by your physician.
- 2) Your physician will discuss the results of your procedure with you in the recovery area once you are fully awake.

**SPECIAL CONDITIONS:**

- 1) **Diabetes:** check with your physician regarding which medications you may take the day before and the morning of your procedure. In general, it is advised to stop any oral diabetes medications and insulin the morning of your procedure. Bring all diabetes medications with you to take after the procedure is over, when you have resumed a regular diet. Your blood sugar will be checked the day of the procedure.
- 2) **Blood Thinners:** Ask your physician about how to take aspirin, Plavix (clopidogrel), Coumadin (warfarin), Lovenox, heparin or any other blood thinners before and after the procedure.

**If you have any questions, please call the office at: 630-312-2590**

For questions you may have after hours please call the same number and select the option to page the physician on-call. A physician is on-call 24 hours a day 7 days a week to answer any questions or concerns you have.