

**YOUR PREP IS EXTREMELY IMPORTANT!
PLEASE READ INSTRUCTIONS CAREFULLY**

Upper endoscopy

<p>5 Days Before</p>	<ul style="list-style-type: none"> □ Purchase the following: <ul style="list-style-type: none"> ○ Clear liquids – Refer to clear liquid diet handout. □ Plan for a driver: Plan for someone to drive you home or escort you if taking alternate modes of transportation. You will be sedated for your procedure. You should not drive again until the morning after your procedure. □ Continue taking all your regularly scheduled prescribed medications especially anti-seizure, pain, and blood pressure or heart medications up until 4 hours before your procedure, unless your doctor told you otherwise. □ If you are diabetic and/or taking prescription blood thinning medication, refer to handout. If you did not receive this handout, contact our office.
<p>Procedure Day</p>	<ul style="list-style-type: none"> □ At midnight: <ul style="list-style-type: none"> ○ You may only have clear liquids from now until 4 hours prior to your procedure. ○ You may drink higher protein options such as clear broth or clear protein drinks. ○ No solid foods and NO ALCOHOL. □ It is important to stay hydrated, so drink plenty of water or other clear liquids. □ 6 HOURS PRIOR to your procedure: <ul style="list-style-type: none"> ○ Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana. □ 4 HOURS PRIOR to your procedure: <ul style="list-style-type: none"> ○ NO DRINKING/NOTHING by mouth – including water, gum, hard candy/mints. ○ Having fluids in your stomach, even a lot of saliva, puts you at risk for vomiting and possibly inhaling fluids into your lungs while you are sedated. ○ The only exception: If you have a critical medication that cannot be taken 4-6 hours early, it can be taken up to 2 hours before the procedure, BUT ONLY WITH A SIP OF WATER (no more than 2-3 TABLESPOONS). ○ For your safety, failure to follow this will result in your procedure being cancelled and rescheduled. NO EXCEPTIONS. □ Have the following: <ul style="list-style-type: none"> ○ A ride home. To be confirmed at check-in. ○ Insurance cards & driver's license. Do not bring valuables.