

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

Upper Endoscopy

Prepare for procedure day	<ul style="list-style-type: none"> ❑ Review the clear liquid diet handout and purchase suggested items as needed. If you did not receive this handout, contact our office. <ul style="list-style-type: none"> ○ Your clear liquid diet will not begin until the DAY BEFORE your procedure or 12:00 am (MIDNIGHT) the DAY OF your procedure. ❑ Plan for a driver: Plan for someone you know 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.
1 Week Before	<ul style="list-style-type: none"> ❑ Stop the use of any illicit drugs 7 days prior to your procedure or your procedure may be canceled. ❑ If you are taking prescription medications, please refer to the Medication Changes handout for holding instructions. If you did not receive this handout, contact our office.
1 Day Before	<ul style="list-style-type: none"> ❑ 16 HOURS prior to your procedure: <ul style="list-style-type: none"> ○ START CLEAR LIQUID DIET (Refer to clear liquid diet handout for directions). ○ No solid foods and no alcohol. ○ You may drink higher protein options such as clear broth or clear protein drinks. ○ It is important to stay hydrated, so drink plenty of water or other clear liquids.
Procedure Day	<ul style="list-style-type: none"> ❑ 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. This will be confirmed at check-in. ○ Insurance cards and driver's license. Do not bring valuables.

Notice of Availability

If you speak another language, free language assistance services and appropriate auxiliary aids and services are available to you. Let us know how we can help.

Spanish

Si usted habla español, hay disponibles para usted servicios gratuitos de asistencia de idiomas y dispositivos y servicios auxiliares adecuados. Infórmenos cómo podemos ayudarlo.

Vietnamese

Nếu quý vị nói Tiếng Việt, chúng tôi có sẵn dịch vụ hỗ trợ ngôn ngữ miễn phí cũng như các phương tiện và dịch vụ hỗ trợ phù hợp dành cho quý vị. Xin hãy cho chúng tôi biết cách chúng tôi có thể trợ giúp cho quý vị.

Chinese

如果您说 中文，我们可提供免费的语言帮助，以及适当的辅助援助和服务。请告知我们，您需要什么样的帮助。

Russian

Если вы говорите на русском, мы можем предоставить бесплатно помощь на вашем языке, а также и соответствующие вспомогательные средства и услуги. Сообщите нам, как мы можем помочь.

Korean

한국어 를 구사하시는 경우 무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 이용할 수 있습니다. 어떻게 도와드릴 수 있는 지 알려주세요.

Ukrainian

Якщо ви розмовляєте цією мовою: українська, то можете отримати безкоштовну допомогу й послуги, зокрема мовні. Повідомте нам, чим ми можемо допомогти.

Japanese

日本語を話される方は、無料の言語支援サービスや適切な補助器具やサービスをご利用いただけます。 私たちがどのようにお手伝いできるかお知らせください。

Arabic

إذا كنت تتحدث [العربية]، فستتوفر لك الخدمات المجانية بشأن المساعدة اللغوية مع المعونات الملائمة والخدمات المساعدة. دعنا نعرف كيف يمكننا مساعدتك.

Romanian

Dacă vorbiți română, serviciile gratuite de asistență lingvistică și ajutoarele auxiliare adecvate sunt disponibile pentru dumneavoastră. Informați-ne cum vă putem fi de ajutor.

Thai

ถ้าคุณพูดภาษาไทย มีบริการช่วยเหลือด้านภาษาฟรี รวมถึงความช่วยเหลือและบริการเสริมที่เหมาะสมแก่คุณ แจ้งให้เราทราบว่าเราสามารถช่วยได้อย่างไร

German

Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistenzen und geeignete Hilfsmittel und Dienstleistungen zur Verfügung. Teilen Sie uns mit, wie wir helfen können.

Persian

اگر به زبان فارسی صحبت می کنید، خدمات رایگان زبانی و وسایل و خدمات کمی مناسب در دسترس شما هستند. به ما اطلاع دهید که چگونه می توانیم کمکتان کنیم.

Somali

Haddii aad ku hadasho Soomaali, adeegyada kaalmada luqadda bilaashka ah iyo kaalmooyinka iyo adeegyada ku habboon ayaa diyaar kuu ah. Nala soo socodsii sida aan u caawin karno.

French

Si vous parlez français, des services d'assistance linguistique gratuits et des aides et services auxiliaires appropriés sont à votre disposition. Dites-nous comment nous pouvons vous aider.

Khmer

ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយភាសាខ្មែរដោយឥតគិតថ្លៃ និងឧបករណ៍ជំនួយនិងសេវាជំនួយសមស្រប មានសម្រាប់អ្នក។ សូមអនុញ្ញាតឱ្យយើងដឹងថា តើយើងអាចជួយអ្នកបានដោយរបៀបណា។