

PREPARATION INSTRUCTIONS FOR Upper Endoscopy

Arrival Time: _____

Date: _____

Doctor: _____

Do these things **7 DAYS BEFORE** the procedure:

Arrange an escort: You will be given medicine during the procedure that makes you relaxed and sleepy, therefore you cannot drive a car or take public transportation home by yourself. **You must have a responsible adult to accompany you home; otherwise your procedure will be cancelled and rescheduled. No exceptions.** Please inform your escort that the entire visit will last approximately 3 hours.

If you have a managed care plan, call to ensure they will cover your procedure.

Stop taking Iron. Continue taking your other medications.

If you are taking Coumadin or any blood thinner – call your doctor for special instructions.

If you need to cancel your appointment, call (617) 638-6525 option #1.

Do these things **2 DAYS BEFORE** the procedure:

Confirm your escort.

Do these things **ON THE DAY OF** the procedure:

Your stomach must be completely empty to allow for an adequate examination. Please DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT on the evening prior to the procedure.

- **Take your normal medication with a sip of water. Please bring a list of current medications.**
- **Diabetics-if you take insulin, take one-half dose of insulin on the morning of the procedure. If you take a pill for your diabetes, you may skip it on the morning of the procedure unless instructed otherwise.**
- **You may have clear liquids up until 6 hours before the procedure. NO SOLID FOOD.***
- **Make sure your escort/driver is available to pick you up after the procedure.**

A liquid is clear if you can see through it.

Examples include:

- Apple or white grape juices;
- Beef or Chicken broths that are clear;
- Tea and coffee WITHOUT milk;
- Soda, Gatorade, Kool-Aid, Jell-o, Popsicles, any color **except red**)



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