

## Upper Endoscopy Procedure Preparation Instructions

**\*Please read and follow all instructions carefully to ensure adequate preparation.\***

For the doctor to have a clear view, the stomach must be empty. It is very important that you ***do not have anything to eat or drink after midnight the evening before the procedure.***

-Diabetic Medications are not to be taken the morning of your procedure.

-If you take other medications in the morning, you may only take heart, seizure, blood pressure, or chronic pain medications with a small sip of water at least 3 hours before your procedure.

\*If you have an esophageal stricture, Barrett's esophagus, or difficulty swallowing, you will need to be off of **Plavix, ASA, Coumadin, Pradaxa, Effient, and NSAID's** for 4 days. You need to discuss this with your prescribing physician.

**All of these medications should be avoided for 4 days prior to your procedure, in the event that you would need a biopsy or dilatation during the exam. By avoiding these, your risk for post-procedure bleeding is minimized.**

Non-steroidal anti-inflammatory medications include:

Advil	Celebrex	Feldene	Medipren	Piroxicam
Aleve	Clinoril	Ibuprofen	Motrin	Sulindac
Ascriptin	Diclofenac	Indocin	Naprosyn	Voltaren
Empirin	Indomethacin	Nuprin		

**Tylenol and other brands that contain acetaminophen are safe to use prior to your procedure.**

**\*For your safety, you must have an adult accompany you to the procedure and remain at the facility the entire time in order to provide transportation afterward. Due to the medications you will be given, you will be unable to work, drive, or take public transportation after your procedure. It is a good idea to arrange for an alternate person to accompany you in the event that your primary support person is unable to do so.**