

UPPER ENDOSCOPY PREPARATION INSTRUCTIONS

7 DAYS BEFORE your Upper Endoscopy

- **Make sure you have a responsible adult** (18 years or older) to drive you home and stay with you on the day of your procedure. For safety reasons your procedure will be canceled if you do not have someone to go home with you.
- **If you are diabetic, taking diabetes medications, taking blood pressure or weight loss medications**, please refer to the instructions or adjustments to your medication listed below.
- **Inform the Endoscopy department** if you have a pacemaker, defibrillator, or other implanted electronic device.
- **If you take aspirin daily**, contact your doctor for instructions on holding this medication
- **Please contact the Endoscopy department if you have started taking blood thinning medications after your procedure was scheduled.**

1 DAY BEFORE your Upper Endoscopy

Do not consume alcohol, use marijuana, take mind-altering medications, or use illicit drugs within 24 hours of your procedure

- **Avoid foods that contain red, blue or purple dyes** – these may interfere with your procedure
- **Stop eating solid food by MIDNIGHT, you can have clear liquids up to 3 hours prior to your check-in time**

You may have ONLY CLEAR LIQUIDS, such as:

✓ Black coffee or tea (sugar is OK)	✓ Popsicles or Jello-O (no red or blue)	✓ Bouillon/broth
✓ Soda (clear or cola is OK)	✓ Fruit juice: apple, white grape, white cranberry	✓ Water (flavored water/coconut water (no pulp))
✓ Clear sports drinks: Gatorade, Pedialyte		
DO NOT DRINK:		
× Milkshakes	× Juice that is not clear: orange, pineapple, grapefruit and tomato	× Alcohol
× Smoothies		
× Milk, dairy or non-dairy	× Cooked cereal	

DAY OF your Upper Endoscopy

- Take your normal medications and continue drinking clear liquids **until 3 hours before** your check-in time
- **Three hours prior** to your check-in time, STOP taking anything by mouth, including gum, water, mints, and lozenges.
- You can plan to be at the hospital for 1 ½ - 2 hours for your procedure

AFTER your Upper Endoscopy

- **You must have a responsible adult (18 years or older) or approved Cabulance service available to take you home after your procedure.** You cannot drive, walk, take a taxi/Uber/Lyft, use Hopelink, or take public transportation home **WITHOUT** a responsible adult with you.
- **Do not** operate machinery, sign legal documents, or care for other people for the rest of the day.
- Avoid alcohol/marijuana/sedatives for 24 hours.
- If biopsies were taken, do not take blood thinners such as; aspirin/ibuprofen/Motrin/Advil/Aleve for 24 hours, unless directed by your healthcare provider. You can take Tylenol.
- You can eat and drink normally and continue taking your normal medications.

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Medication Management Pre-Endoscopy Procedure

GLP-1 (Taken Weekly)	Do not take for 7 days prior
GLP-1 (Taken Daily)	Do not take the day before or day of your procedure
Insulin and Diabetic medications	Consult with your provider that manages your diabetes medications for guidance
Anti-hypertensives (Lisinopril, Losartan, Amlodipine, Diltiazem, Enalapril, Hydrochlorothiazide...)	Do not take the morning of your procedure, unless otherwise directed by your physician
Beta-blockers (Metoprolol, Propranolol, Atenolol, Carvedilol...)	Do not take the morning of your procedure, unless otherwise directed by your physician

Herbal Supplements	Do not take for 7 days prior to your procedure
Fish Oil and other Oils	Do not take for 7 days prior to your procedure
Pepto-Bismol	Do not take for 7 days prior to your procedure
Iron Supplements	Do not take for 7 days prior to your procedure
Multivitamins	Take as normal

For people with diabetes, any procedure that requires you to miss a meal needs special planning to keep your blood at a safe level. During bowel preparation for a colonoscopy, it is important to adjust your diabetes medications and closely monitor your blood sugar levels. If you take insulin or have a history of low blood sugar, check your blood sugar every 4–6 hours on the day before the procedure and on the day of the procedure. You should also check your blood sugar anytime you notice symptoms of low or high blood sugar. **Contact your primary care provider as soon as possible for instructions on how to manage your medications while preparing for an Upper Endoscopy.**