



**LIVE BOLDLY.
LIVE WELL.**

Dear _____,

Thank you for allowing us to serve you! Your appointment details are as follows:

Procedure: UPPER ENDOSCOPY

Where: Snoqualmie Valley Hospital Endoscopy Unit (check in at main hospital front desk)

Date: _____

Check-In Time: _____

Important: Please read all instructions thoroughly at least 2 weeks prior to your procedure. Ensure that you have picked up your bowel preparation solution and have it on-hand to prevent last-minute cancellations!

1. You **will not** be able to drive yourself home, arrange for a ride
2. Your appointment will last approximately 1.5-2 hours.

Please call us at (425) 831-3537 with any questions or concerns!

Thank you,

Snoqualmie Valley Hospital Endoscopy Unit

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 or other blood thinning medication daily**, contact your doctor for instructions on holding this medication

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 | ✗ Cooked cereal | |
| ✗ Milk, dairy or non-dairy | | |

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 water/fluids, 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 drive**, 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.

Cancellations/Reschedules: If you need to cancel/reschedule your procedure, please give us 4 days' notice and call the Endoscopy department at 425-831-3537.

UPPER ENDOSCOPY PREPARATION INSTRUCTIONS

Medication Management Pre-Upper Endoscopy Procedure

Anti-hypertensives	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
General Guidelines for Diabetic and Weight Loss Medications	
GLP-1 (Taken Daily)	Do not take the day before or day of your procedure
GLP-1 (Taken Weekly)	Do not take for 7 days prior
Biguanides (metformin)	- Do not take the night before and morning of your procedure - Resume after your procedure, once you have eaten
DPP-4 Inhibitors (sitagliptin (Januvia), linagliptin (Tradjenta)...)	- Do not take morning of your procedure - Resume evening of procedure
SGLT-2 Inhibitors (empagliflozin (Jardiance), dapagliflozin (Forxiga))	- Stop taking 3 days before your procedure - Resume after your procedure, once you have eaten
Sulfonylurea's (glipizide (Glucotrol), glimiperide (Amarly), glyburide (DiaBeta))	- Do not take morning of your procedure - Resume after your procedure, once you have eaten
Insulins (Lantus, NovoLog, Humalog, Humilin)	Contact your prescribing Provider for instructions on how to take your insulin prior to your procedure

For people with diabetes, any procedure that requires skipping a meal needs special planning to keep blood sugar at a safe level. During preparation for an upper endoscopy, it is important to adjust your diabetes medications and closely monitor your blood sugar levels. If you use insulin or have a history of low blood sugar, check your blood sugar every 4–6 hours the day before the procedure and on the day of the procedure. You should also check your blood sugar any time you notice symptoms of low or high blood sugar.

Contact your primary care provider as soon as possible if you have questions or need further instructions on how to manage your medications while preparing for your upper endoscopy.