

Chapel Hill Internal Medicine

940 Martin Luther King, Jr. Blvd

Chapel Hill, NC 27514

919-942-5123

Upper Endoscopy Instructions

Your physician has recommended that you have an upper endoscopy. This is an examination to view your esophagus, stomach and duodenum (the very beginning of the small intestine). The entire appointment will take approximately one hour. The actual procedure itself lasts about 15 minutes.

Please be at the office 30 minutes before your scheduled procedure time.

You will be given a sedative during the procedure and you must make arrangements for a responsible adult to drive you home. If you arrive for your appointment without having made arrangements for a responsible adult to take you home, your procedure will be cancelled and you will be charged for the time. The adult responsible for driving you home must remain on CHIM premises for the duration of your procedure.

A blood test is drawn a few days prior to your procedure - CBC (complete blood count) – unless it has been drawn recently. If you are taking a blood-thinning medication, a PT/PTT to test for clotting factors will be done. These tests are to assure that biopsies can be done safely during the procedure.

Medications: Please notify us promptly if you are currently taking Coumadin, Ticlid, Pletal, or Aggrenox, or if you normally take antibiotics before dental procedures.

***** Blood pressure, heart, and thyroid medication can be taken as usual – but take them at least two hours before your procedure.*****

Implanted Devices: Please let us know if you have had a joint replacement done or a permanent pacemaker inserted. If you have an implanted defibrillator, we cannot perform this procedure in this office.

Five days before your procedure- stop taking the following medications: aspirin, ibuprofen and non-steroidal arthritis medications, and St. John's Wort. This is to reduce your risk of bleeding and to prevent any interaction with the sedatives that you will be given. Tylenol may be substituted for pain management.

Diabetic medications should **NOT** be taken on the day of your endoscopy since you will not have eaten. Diabetic patients who have afternoon appointments should ask for additional diet instructions. Drink lots of clear liquids up until two hours before your procedure.

The day before your procedure, eat your regular diet up until midnight. Drink lots of liquids. After midnight, take nothing by mouth except clear liquids. On the day of your procedure, take nothing by mouth except clear liquids – lots of liquids - until two hours before your procedure.

Clear liquids: Clear bullion, clear broth, tea, black coffee, Gatorade, Kool-Aid, carbonated beverages, sugarless hard candy, or juices (white cranberry, apple, white grape, strained lemonade).

If you have any questions, please call – 942-5123 – and ask to speak with a “GI nurse.”