

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 15 to 20 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 the appointment without having made arrangements for a responsible adult to take you home, your procedure will be canceled and you will be charged for the time. The adult responsible for driving you home must remain at the office. If your driver must leave, s/he must return within one hour from the time you are escorted to the Prep Area. A cell phone is necessary so we may call your driver in an emergency situation.

Blood Tests: A CBC (complete blood count) will be drawn prior to your procedure. If you have had this test done recently at another office, we will need to get the results. If you take Coumadin, you cannot have your procedure done on any Monday because a PT/INR will need to be drawn the day before your procedure.

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

Heart medications and thyroid medications should be taken as usual.

Blood pressure medications should be taken unless they are a diuretic (HCTZ or Furosemide, etc) or have a diuretic in it. These drugs should be taken after your procedure.

Five days before your procedure- stop taking the following medications: **Coumadin**, 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.”

More information is available on our website: www.chaplehillinternalmedicine.com

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