

PREPARATION INSTRUCTIONS FOR
Upper Endoscopy/ERCP/Upper EUS

Arrival Time: _____

Date: _____

Doctor: _____

Do these things **7 DAYS BEFORE** the procedure:

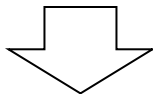
Arrange an escort: You will be given sedative medications during the procedure that make you relaxed and sleepy, therefore you cannot drive a car or travel home by yourself after the procedure. **You must have a responsible adult to accompany you home; otherwise your procedure will be cancelled and rescheduled. No exceptions.** Please inform your escort that the entire visit will last approximately 3 hours.

If you have a managed care plan, call to ensure they will cover your procedure.

If you are taking Coumadin or any blood thinners – call your prescribing doctor for special instructions about stopping the medication for your procedure.

Take your other regular medications as usual, including aspirin or NSAID pain relievers.

If you need to cancel or reschedule your appointment, call (617) 414-2600 option #1.



Do these things **2 DAYS BEFORE** the procedure:

Confirm your escort.

Do these things **ON THE DAY OF** the procedure:

Your stomach must be completely empty to allow for a safe examination. Please DO NOT EAT ANYTHING AFTER MIDNIGHT on the evening prior to the procedure.

- You may have **CLEAR LIQUIDS ONLY** up until **2 hours before your appointment, but NO SOLID FOOD.** See list of acceptable clear liquids below.
- **Take your usual medications with a sip of water, especially your blood pressure medications.** Please bring a list of current medications.
- **Diabetics- if you take insulin in the morning, take one-half dose of insulin on the morning of the procedure. If you take a pill for your diabetes, you may skip it on the morning of the procedure unless instructed otherwise. Please check your blood sugar level in the morning and if it is low or if you feel shaky, drink apple juice, sports drink or soda.**
- **Make sure your escort/driver is available to pick you up after the procedure.**

Examples of clear liquids you may have up until 2 hours before your appointment:

- Apple or white grape juices (NO pulp)
- Broths that are clear and contain no solids
- Tea and coffee WITHOUT milk or cream
- Soda, sports drinks, Kool-Aid, Jell-O, Popsicles, (any color **except red**)



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617-414-2600 option 1