# PREPARATION INSTRUCTIONS FOR Upper Endoscopy

## Do these things 7 DAYS BEFORE the procedure:

**Arrange an escort:** You will be given medicine during the procedure that makes you relaxed and sleepy, therefore you cannot drive a car or take public transportation home by yourself. **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.

**Stop taking Iron. Continue taking your other medications.**

**If you are taking Coumadin or any blood thinner – call your doctor for special instructions.**

**If you need to cancel your appointment, call (617) 638-6525 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 an adequate examination. Please DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT on the evening prior to the procedure.

- Take your normal medication with a sip of water. Please bring a list of current medications.
- **Diabetics-if you take insulin, 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.**
- You may have clear liquids up until 6 hours before the procedure. NO SOLID FOOD.*
- Make sure your escort/driver is available to pick you up after the procedure.

A liquid is clear if you can see through it.

Examples include:
- Apple or white grape juices;
- Beef or Chicken broths that are clear;
- Tea and coffee WITHOUT milk;
- Soda, Gatorade, Kool-Aid, Jell-o, Popsicles, any color except red)

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**Endoscopy Center**

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