

## Preparing for Upper Endoscopy



**Please read ALL instructions carefully**

**Location of your procedure:** 122 Maple Ave, White Plains, NY 10601

**Procedure Date** \_\_\_\_\_ **Arrive Time** \_\_\_\_\_ **Procedure Time** \_\_\_\_\_

### Special instructions:

1. If you take a blood thinning medication (to treat blood clots or to prevent a heart attack or stroke), contact the doctor who prescribes it for you about when to stop taking it.

2. If you are taking diabetic medications:

If you are on insulin or other medications for diabetes (Metformin), ask your doctor prescribing it what you should do a day before and on the day of the procedure.

### The day before your procedure

- You may have your normal breakfast, lunch, and dinner.
- No solid foods after midnight

### The day of your procedure

- Nothing by mouth 3-4 hours prior to procedure time
- Take all morning medication, EXCEPT diabetes pills or instructed otherwise
- Clear liquids ONLY; NOTHING red, orange, or purple

Clear carbonated beverages (Sprite, ginger ale, or seltzer)	Black coffee/ tea (sugar and honey are okay) No milk or creamer.
Water	Clear sports drinks (Gatorade) (not red, orange, purple)
Clear fruit juices (apple, lemonade, white grape)	Popsicles (without fruit or pulp) (not red, orange, purple)
Jell- O (not red, orange, purple)	Fat-Free Broth, or Clear soup (no noodles or vegetables)

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### Things to remember

- Take your prescribed morning medications you were instructed to take the morning of your procedure with a few sips of water.
- Remove all jewelry including body piercings and leave them at home.
- Don't apply any lotions, creams, or powder to your chest or arms.
- If you wear contacts, wear your glasses instead.
- Bring a list of the medications you take at home.
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you.