

# Care Instructions for Upper Gastrointestinal Endoscopy

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## General Instructions

- Please leave all your valuables and jewelry at home.
- Bring your Insurance ID card, photo ID and procedure co-pay
- You must have someone drive you home. Due to regulatory requirements and your safety, you will not be able to drive at least 12 hours after the procedure.
- It is very important that your stomach is as empty as possible when your doctor does the Endoscopy examination. Please follow the diet instructions carefully.

## If your Endoscopy appointment is in the morning:

1. NO SOLID FOOD, NO LIQUIDS, NO CHEWING GUM after midnight the night before you come in.
2. You may take your regular prescription medicine before 6 a.m. with a sip of water.
3. If you are a Diabetic, do not take your oral hypoglycemic drugs on the day of your procedure.

## If your Endoscopy appointment is in the afternoon:

1. NO SOLID FOOD after midnight the night before you come in. You may have clear liquids up to 9 a.m. before your procedure. Examples: water, tea, soda, black coffee no dairy products, plain JELL-O (avoid red or purple colors), broth (beef, chicken or vegetable).
2. You may take your regular prescription medicine before 9 a.m.
3. Nothing by mouth after 9 a.m. (including chewing gum).
4. If you are a Diabetic, do not take your oral hypoglycemic drugs on the day of your procedure.

## Additional Instructions:

- No alcoholic beverages the day before procedure.
- Please do not chew gum or suck on hard candy the day of the procedure.
- Do not wear contact lenses on the day of the procedure.
- If you have any questions concerning the procedure or are unable to complete any of these instructions, please call (925) 384-9276

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### **IF YOU ARE TAKING COUMADIN (warfarin):**

- Call the anticoagulation pharmacy or your primary doctor to get instructions about what to do with your Coumadin (in general, we recommend stopping Coumadin 5 days before the procedure, but you may need additional special instructions).

### **IF YOU HAVE TYPE 1 DIABETES:**

- Please call your Endocrinologist or diabetes instructor for instructions prior to the procedure.

### **IF YOU HAVE TYPE 2 DIABETES:**

- Follow these guidelines unless otherwise instructed by your primary care doctor or Endocrinologist:
- On the day of the procedure:
  - Do not take any oral diabetes pills (such as metformin or glucophage, glipizide, Actos).
  - If you take long-acting insulin, take one half of the dose.
  - Do not take any short-acting insulin unless you are using a sliding scale.

### **IF YOU TAKE ASPIRIN:**

- If you have a cardiac stent, or a history of stroke or heart attack, please do not stop aspirin. If you do not have a cardiac stent, you may stop aspirin 5 days before the procedure unless your doctor has advised you otherwise. If you have any questions about this please check with your doctor or cardiologist before the procedure.

### **IF YOU ARE TAKING PLAVIX, AGGRENOX, OR OTHER BLOOD THINNERS:**

- PLEASE check with your cardiologist or primary care doctor about special instructions for these medications. Do not stop them unless advised to.
- 5 days before, stop taking anti-inflammatory medications like Advil, Motrin, Aleve and Naprosyn & iron supplements, herbal medications, vitamins and oral iron supplements. You do not need to stop taking Tylenol.