



**PATIENT
EDUCATION**

Preparation Instructions: Upper Endoscopy

It is very important to follow all the instructions to prepare for your upper endoscopy. Your stomach must be empty, so the doctor can see during the upper endoscopy.

Preparing for the upper endoscopy

- The day before your upper endoscopy, you will need to start preparing your stomach.
- Please follow all instructions carefully. If you do not follow the directions properly, then your upper endoscopy may be canceled.

Medications reminders

- Some of the medications you take may need to be stopped or adjusted before your upper endoscopy. You must call the doctor who ordered any of the following medications at least one week before your upper endoscopy for instructions.
- You may take your aspirin on the day of your test with water only.
- Blood thinners such as Coumadin (warfarin), Eliquis (apixaban), Pradaxa (dabigatran), Xarelto (rivaroxaban), Pletal (cilostazol), Effient (prasugrel), and Brillinta (ticagrelor).
- Please contact the doctor who monitors your glucose levels, insulin dosages, or diabetic medications for proper instructions. The diet restrictions required for the upper endoscopy may impact the medication dosages of these medications. Remember to bring your diabetes medications with you on the day of your procedure.

Morning / afternoon check-in

(6:30 a.m. to 3:45 p.m.)

The day of your upper endoscopy

- Remember, your stomach must be empty of solids so that your doctor can have a clear view of the area.
- You may have solid foods until eight hours before your check-in time.
- You may drink clear liquids until two hours before your check-in time.
- A clear liquid diet includes:
 - Water, black coffee or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. **Remember, NO RED OR PURPLE LIQUIDS.**
- Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your upper endoscopy being canceled.
- You may take your medications with a sip of water.

Notes / Other Instructions: _____
