

Pre-Procedure Instructions for Upper GI Endoscopy

Procedure Date: _____

Arrival Time: _____

Location of the Procedure:

1720 El Camino Real, Suite 100, Burlingame, CA

Phone: 650-373-1970

What you need to do BEFORE you start to prepare for your procedure:

1. Please plan to spend about 3 hours in our unit for your procedure. We will do everything possible to avoid a delay in your procedure, but emergencies may interrupt the schedule.
2. You must have an adult escort to take you home after the procedure. You will be receiving sedation and you should not drive for 8 hours after the procedure. Your escort does not have to come with you when you check in but must meet you in the endoscopy unit when you are ready to go home. You are still required to have an adult escort if you plan to take a taxi, Uber, Lyft, or public transportation home.

Medication and Diet Instructions:

SEVEN DAYS BEFORE THE PROCEDURE:

Stop taking aspirin (and aspirin-containing products), anti-inflammatory medications (Motrin, Advil, Naprosyn, Indocin), fish oil, vitamin E or ginko biloba. Acetaminophen (Tylenol) can be continued or substituted as a pain-reliever for aspirin.

PLEASE NOTE If you have had a history of STROKE, HEART ATTACK, ANY STENTS PLACED IN YOUR VESSELS, please let us know. We may request that you continue your Aspirin. **Notify us if you take any blood thinners. DO NOT stop the blood thinners unless cleared by your cardiologist or primary care doctor**

FIVE DAYS BEFORE THE PROCEDURE Stop taking **Plavix** (Clopidogrel)

THREE DAYS BEFORE THE PROCEDURE Stop taking **Coumadin** (Warfarin)

PLEASE let us know before stopping these medications so that we can coordinate with your cardiologist or primary care doctor, if additional “bridging” medications will be needed.

TWO DAYS BEFORE THE PROCEDURE Stop taking **Eliquis** (apixaban), **Pradaxa** (dabigatran etexilate), **Xarelto** (rivaroxaban)

ONE DAY BEFORE THE PROCEDURE Unless otherwise instructed, there is no preparation for this procedure. You will need to avoid eating and drinking prior to coming. Your physician will let you know how long you will need to fast.

DAY OF YOUR PROCEDURE:

1. If you take insulin, please skip your morning dose
2. If you take Thyroid medication, please take at least 1 hour before you begin the preparation OR wait until after you have completed the preparation
3. You may take inhalers, eye drops

You may have clear liquids up until 3 hours before your exam time. _____

Report to the Endo Center at _____ 60 minutes before your scheduled procedure time as noted on page 1 for your colonoscopy so that the necessary paperwork can be completed and an IV started.

Your exam will begin approximately at _____ and you should be ready for pick up around _____.

AFTER your procedure:

1. You will be monitored in the Endoscopy Unit recovery area.
2. You will receive diet and medication instructions after your procedure.
3. You may return to work the day after the procedure.

Common Asked Questions:

Should I take my medications?

Take all of your usual medicines with a sip of water. Take Coumadin and/or Plavix if necessary. If you take insulin, we recommend that you take ½ your usual dose. We will check your blood sugar prior to the procedure.

What if my doctor told me I need antibiotics before any procedure?

If you have a medical condition requiring antibiotics before or after procedures, please let us know. We will determine whether they are needed for your procedure.

What should I wear?

Please wear comfortable loose fitting clothing

Any Additional Questions? Please call our office. We will be happy to assist you.