

**YOUR BOWEL PREP IS EXTREMELY IMPORTANT!  
PLEASE READ INSTRUCTIONS CAREFULLY**

**Upper Endoscopy**

<b>Prepare for procedure day</b>	<ul style="list-style-type: none"> <li>❑ Review the <b>clear liquid diet handout</b> and purchase suggested items as needed. If you did not receive this handout, contact our office. <ul style="list-style-type: none"> <li>○ Your clear liquid diet will not begin until the <b>DAY BEFORE</b> your procedure or 12:00 am (MIDNIGHT) the <b>DAY OF</b> your procedure.</li> </ul> </li> <li>❑ <b>Plan for a driver:</b> Plan for someone you know to drive you home or escort you if taking alternate modes of transportation. You will be sedated for your procedure. You should not drive again until the morning after your procedure.</li> </ul>
<b>1 Week Before</b>	<ul style="list-style-type: none"> <li>❑ Stop the use of any <b>illicit drugs</b> 7 days prior to your procedure or your procedure may be canceled.</li> <li>❑ If you are taking <b>prescription medications</b>, please refer to the <b>Medication Changes handout</b> for holding instructions. If you did not receive this handout, contact our office.</li> </ul>
<b>1 Day Before</b>	<ul style="list-style-type: none"> <li>❑ <b>16 HOURS prior to your procedure:</b> <ul style="list-style-type: none"> <li>○ <b>START CLEAR LIQUID DIET</b> (Refer to clear liquid diet handout for directions).</li> <li>○ <b>No solid foods and no alcohol.</b></li> <li>○ You may drink higher protein options such as clear broth or clear protein drinks.</li> </ul> </li> <li>○ It is important to stay hydrated, so drink plenty of water or other clear liquids.</li> </ul>
<b>Procedure Day</b>	<ul style="list-style-type: none"> <li>❑ <b>6 HOURS prior to your procedure:</b> <ul style="list-style-type: none"> <li>○ <b>Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana.</b></li> </ul> </li> <li>❑ <b>4 HOURS prior to your procedure:</b> <ul style="list-style-type: none"> <li>○ <b>NO DRINKING/NOTHING</b> by mouth – including water, gum, hard candy/mints.</li> <li>○ Having fluids in your stomach, even a lot of saliva, puts you at risk for vomiting and possibly inhaling fluids into your lungs while you are sedated.</li> <li>○ The only exception: If you have a critical medication that cannot be taken 4-6 hours early, it can be taken up to 2 hours before the procedure, <b>BUT ONLY WITH A SIP OF WATER</b> (no more than 2-3 TABLESPOONS).</li> <li>○ For your safety, failure to follow this will result in your procedure being cancelled and rescheduled. <b>NO EXCEPTIONS.</b></li> </ul> </li> <li>❑ <b>Have the following:</b> <ul style="list-style-type: none"> <li>○ A ride home. This will be confirmed at check-in.</li> </ul> </li> <li>○ Insurance cards and driver's license. Do not bring valuables.</li> </ul>