



Upper Endoscopy Patient Preparation Instructions

APPOINTMENT DATE: _____

ARRIVAL TIME: _____

Reminders:

- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age MUST bring you to your appointment, remain in the waiting area during the entire time of your procedure, and drive you home afterwards. A taxi or bus is NOT an acceptable form of transportation. **Failure to arrange proper transportation may result in your procedure being rescheduled.**
- Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.
- We require a notice of 2 business days if there is a need for change or cancellation of your procedure.
- Please leave all jewelry and valuables at home, as we do not provide a secure area for these items.

Medications:

Take any necessary medications at least **4 HOURS PRIOR** to your arrival time.

Diabetes: Contact the prescribing physician regarding instructions for diabetic medication the day before and the day of the procedure. **DO NOT TAKE oral diabetic medication** the day of the procedure.

Blood Pressure: **DO NOT SKIP** any doses of your blood pressure medication.

Inhalers and Nebulizers: May be used up to the time of your procedure.

Instructions for your appointment:

- ✓ **The night before your procedure:** You may have NO SOLID FOODS after midnight.
You may consume a clear liquid diet. Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc. DO NOT consume anything red in color OR dairy products.
- ✓ **4 hours prior to arrival time:**
ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME! (This includes water.)