



UPPER GI ENDOSCOPY

You are scheduled for an _____ on: _____

Transportation on the day of your exam: You are not allowed to drive, take a taxi of bus, or leave the Ambulatory Treatment Center alone. **If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and will be cancelled.**

One day before endoscopy

- **Start on a clear liquid diet (see chart on back of sheet), no solid food all day**
- It is very important to drink plenty of fluids so you will not become dehydrated.
- **Nothing to eat or drink after midnight**

Medications

If you take blood thinners, blood thinners include Coumadin (Warfarin); Plavix (Clopidogrel); Ticlid (Ticlopidine Hydrochloride); Agrylin (Anagrelide); Xarelto (Rivaroxaban); Pradaxa (Dabigatran); Eliquis (Apixaban); Effient (Prasugrel); Brilinta (Ticagrelor); Aggrenox (ASA and Dipyridamole); Aspirin 325mg, **hold for _____ days before your procedure.**

Diabetics: Take half your usual insulin dose the evening before your procedure. No insulin or oral diabetic medications morning of procedure.

All medications other than Diabetic meds may be taken with a small sip of water am of procedure.

Leave valuables at home.



Clear Liquids (No Red, Purple, or Blue Liquids)	DO NOT DRINK
Gatorade® Pedialyte® or Powerade®	Alcohol
Clear broth or bouillon	Milk or non-dairy creamer
Coffee or tea (no milk or non-dairy creamer)	Noodles or vegetables in soup
Carbonated and non-carbonated soft drinks	Juice with pulp
Kool-Aid® or other fruit-flavored drinks	Liquid you cannot see through
Strained fruit juices (no pulp)	
Jell-O® Popsicles®	
Water	