

The Digestive Health Center
**INSTRUCTIONS FOR
UPPER ENDOSCOPY PREPARATION**



ONE WEEK PRIOR TO UPPER ENDOSCOPY

If you are taking aspirin, Plavix, or Coumadin, or any other blood-thinning medications, you should discuss with your doctor whether or not you should stop these medications for 7 days prior to your upper endoscopy. If your specific medical condition allows, upper endoscopy is safest if performed off these medications.

ON THE DAY OF YOUR UPPER ENDOSCOPY

1. If your upper endoscopy is scheduled between **7:30 AM and Noon**, you should have nothing to eat or drink after midnight the night before. If your upper endoscopy is scheduled between **Noon and 4:00 PM**, you may have a clear liquid breakfast in the morning **before 9:00 AM**. Clear liquid diet includes any liquids such as water, coffee, tea, sodas, Gatorade, broths, Jell-O, and popsicles.
2. Take your blood pressure medications in the morning as usual. Insulin or other diabetes medications should be adjusted on the day of your upper endoscopy. Call your doctor or ask our Endoscopy Nurse (336-716-8204) if you have questions.
3. Please bring a list of your medications when you come for your upper endoscopy procedure.
4. Please bring your insurance information with you to your upper endoscopy procedure.
5. You will need a driver for this procedure because you will be given a medication to make you sleepy. The driver needs to stay at the hospital during your procedure time. **We will not be able to do your procedure unless you have someone with you to drive you home.** You will not be able to work or drive the day of your procedure.
6. The Digestive Health Center is located on the Ground floor (G), Reynolds Tower. (See the map which is enclosed). When you come from the visitor parking lot (orange) level, please walk through the glass breezeway. At the end of the hallway you need to turn right. Go to the first hallway, turn left, walk about 50 feet and enter the lobby of the Digestive Health Center. (You may also use the Patient Drop-off area on the Main level as shown on the map. Ask the attendant at the Drop-off area to direct you to the Ground Floor and the Digestive Health Center.)

IF YOU WILL BE UNABLE TO KEEP YOUR ASSIGNED UPPER ENDOSCOPY PROCEDURE TIME, PLEASE CALL US AT LEAST 7 DAYS BEFORE YOUR DATE AT (336) 713-7777(option 2), SO THAT WE CAN MAKE YOUR PROCEDURE TIME AVAILABLE TO ANOTHER PATIENT.

IF YOU HAVE ANY QUESTIONS ABOUT YOUR PROCEDURE, PLEASE CONTACT OUR ENDOSCOPY NURSE AT (336) 716-8204.