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## Instructions for your Upper Endoscopy Procedure

### Getting Prepared

If you need to cancel or reschedule your test, please call (270) 781-5111 as soon as possible.

### **BE SURE YOU'RE READY FOR YOUR PROCEDURE**

Your doctor has ordered a procedure to check your upper digestive track for any problems. **Read this whole handout right away and do each step very carefully.** Your stomach must be empty and clean for the doctor to see. If your stomach is not empty and clean, we will not be able to do the procedure. The procedure will take 15-30 minutes, then you will need post procedure recovery time of approximately 30 minutes to one hour. The total length of time is approximately 2 ½ - 3 hours.

### 1 – 2 Weeks Before Your Procedure

- Make plans for someone to drive you to and from the procedure. We cannot let you leave if you are alone.
- Plan to take off work the day of your test. You will be sleepy and forgetful after your procedure.

### Diabetes

If you have diabetes, your insulin dose may require adjustments by your Primary Care Provider (PCP) or Endocrinologist. **On the day of the procedure, you should not take your oral diabetic medications. Please contact your PCP or Endocrinologist regarding insulin dosage.**

### Medications

Don't take any of these medications 5 DAYS PRIOR to your procedure.

- Ibuprofen (Motrin, Advil)
- Piroxicam
- Pepto Bismol
- Metamucil (or any other supplements)
- Naprosyn (Aleve)
- Herbal Supplements
- Iron Supplements
- Fish Oil (or oil-based supplements)
- Celebrex
- Alka Seltzer
- Other NSAIDS
- Ginko Biloba
- Vitamin E

If you take any of the following anticoagulants, please ask the prescribing Physician, PCP or Cardiologist, if and when they should be stopped prior to your procedure.

- Plavix (clopidogrel)
- Eliquis
- Pradaxa
- Heparin
- Xarelto
- Effient
- Lovenox (enoxaparin)
- Coumadin (warfarin)
- Brilinta
- Other Blood thinners

UNLESS SPECIFICALLY INSTRUCTED OTHERWISE BY YOUR PHYSICIAN, KEEP TAKING ALL OF YOUR OTHER REGULARLY PRESCRIBED MEDICATIONS INCLUDING ASPIRIN



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#### **On the Day of Your Procedure**

**Your stomach must be EMPTY of all food and liquids for this procedure to be a success.**

- If you are scheduled for a morning procedure between 8:00 am – noon, you have NOTHING to eat or drink After midnight
- If your appointment is from noon – 5 pm in the afternoon, we request that you eat NO SOLID FOOD after midnight, but you may have a small amount of clear liquid no later than 6:00 am.
- Take your prescribed medicines with one sip of water **but no food** on the morning of your procedure.

#### **Location**

- Greenview Surgery Center/270-938-6500
- Tristar Greenview Endoscopy /270-793-2370
- Medical Center Bowling Green Endoscopy/270-745-1844

● Check-in date: \_\_\_\_\_

Check-in time: \_\_\_\_\_

- **Physician:**  Dr. Avinash Aravantagi  Dr. Cory Fielding  Dr. Donald Rauh  Dr. Ashish Tiwari

**Please bring a list of all medications that you take with the dosage listed.**

Your driver must check in with you and remain in the hospital. You will be groggy and not able to drive until next day. If you do not have driver, your procedure will be cancelled.

**We ask that you ride be available in the hospital, you may ask your nurse about the timing.**

**APPOINTMENTS ● PREP QUESTIONS**  
**270-781-5111**