## Upper Endoscopy Afternoon Preparation Instructions

### IMPORTANT:
For the best results and to prevent the need to cancel or reschedule your colonoscopy:

1. Only follow department instructions given by your gastroenterologist or on this instruction sheet.
2. Do not follow instructions from any other source.

### Seven (7) days before your procedure

**STOP:**
- Aspirin unless prescribed by a physician
- NSAIDs including: Ibuprofen (Motrin, Advil), Naproxen (Aleve, Naprosyn), and similar medications
- Iron, fish oil, and vitamin E

**OKAY/APPROVED:**
- Any regular medications (especially blood pressure and/or cardiac medications)
- Acetaminophen (Tylenol)

► You will receive additional instructions, guided by your prescribing physician, if you are taking:
- Blood thinner medications such as Warfarin (Coumadin), Heparin, Lovenox, Plavix, Aggrenox, Ticlid, Pradaxa
- Diabetes medications

### The day of your procedure: Okay to eat light breakfast until 6 HOURS BEFORE procedure

**Do not EAT:**
- Seeds, nuts, popcorn
- Meat (chicken, pork, beef, fish)
- Fruits, vegetables
- Consume any alcohol

**OKAY/APPROVED:**
- Foods such as white bread, white rice, noodles, pasta, eggs, pancakes, donuts, cereal, yogurt, cheese and dairy products until 6 HOURS BEFORE your scheduled procedure time.

### 6 HOURS BEFORE your procedure: STOP all solid foods

**DO NOT:**
- Eat any solid foods or dairy products

**OKAY/APPROVED:**
- Any regular medications unless instructed otherwise
- Water and clear liquids including:
  - **Juices:** apple, white grape, white cranberry, lemonade
  - **Broth:** chicken, beef or vegetable
  - **Soda:** 7-Up, Coke
  - **Other:** black coffee, tea, popsicles, jello, sports drinks

► 3 hours before your scheduled procedure time:
- No eating or drinking until after your procedure.
- Eating or drinking any foods within 3 hours of your procedure may result in cancellation.
### Before your procedure

**Transportation Reminders**

1. You must arrive at your given location one (1) hour before your scheduled procedure time. Your entire stay will be between 2 to 3 hours.
2. You are not permitted to take a taxi, operate any mode of transportation yourself or use any public transportation to get home after the procedure. A responsible adult will need to drive you home, and someone should stay with you for at least 2 hours to make sure there are no issues following the sedation or procedure.

### What to expect upon arrival for your procedure

1. Prior to the procedure, a nurse will ask you questions to ensure that you understand the procedure and the reason for it, and to ensure that you prepared properly for it. The gastroenterology doctor will also review the procedure with you.

### After the procedure

1. Rest for the remainder of the day for your health and safety.
2. Do not participate in any activities which require coordination or judgment. You may return to regular activities the day after the procedure.
3. Some bloating, gas or mild cramping is normal and should diminish.
4. At the conclusion of your procedure, you will receive specific information about findings, post-procedure instructions and precautions.