

Westside Endoscopy Center, P.C.

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UPPER ENDOSCOPY PREPARATION

Procedure Date: _____

Arrival time: _____

About the procedure:

You are scheduled for an upper endoscopy, also known as an esophagogastroduodenoscopy. This procedure is an examination your esophagus, stomach, and first part of the small intestine.

5-7 DAYS BEFORE YOUR UPPER ENDOSCOPY

- CONFIRM YOUR APPOINTMENT. If you need to cancel or postpone please do so NO LATER THAN 1 WEEK BEFORE YOUR APPOINTMENT, this allows us to utilize the slot for another patient. IF YOU DO NOT CONFIRM, YOUR NAME WILL BE REMOVED FROM THE SCHEDULE.
- You should also find out what payment is due from you at the time of your appointment.
- Be sure to arrange for an escort to drive you to and from your procedure.
- FILL OUT THE PACKAGE THAT YOU RECEIVED ON YOUR OFFICE VISIT. SIGN THE CONSENT FORM AND PROVIDE A LIST OF YOUR MEDICATIONS (Be sure to include over-the-counter medications and supplements.) **BRING THE PACKET OF COMPLETED AND SIGNED FORMS TO THE APPOINTMENT.**
- Stop ASPIRIN, PLAVIX (clopidogrel) and NSAIDs such as ibuprofen, naproxen, diclofenac, meloxicam, etc.
- If you take COUMADIN (warfarin), follow the instructions for management which you have received from the physician who prescribes this medication. Warfarin (Coumadin, Jantoven) should be stopped 5 days before your procedure; you should ask the prescribing physician if you will require “bridging”.

2 DAYS BEFORE YOUR UPPER ENDOSCOPY

- If you take ELIQUIS (apixaban) or XARELTO (rivaroxaban) follow the instructions for management which you have received from the physician who prescribes this medication. Apixaban (Eliquis), rivaroxaban (Xarelto) and dabigatran (Pradaxa) should be stopped 2 days before your procedure; you should ask the prescribing physician if you require “bridging”.

1 DAY PRIOR TO YOUR UPPER ENDOSCOPY

- Normal breakfast, lunch and dinner and **no solid foods after dinner** (around 8 P.M.). You may continue clear liquids up until 2 – 4 hours prior to your appointment time.

THE MORNING OF YOUR UPPER ENDOSCOPY

- Patients on Blood Thinners:** If you are taking LOVENOX “bridging”, do not take (see page 4).
- Do not skip your blood pressure medications if you take them on mornings.
- Diabetics:** Do not take your morning dose of medication. Arrive at your appointment time.
- Stop clear liquids 2 hours prior to your appointment time.**
- Arrive at your appointment time for your upper endoscopy; your escort must be with you on arrival; **your paperwork should be completed and signed and you should have a list of your medications.**

AFTER YOUR UPPER ENDOSCOPY

- Be sure to get instructions about restarting your medications.
- Your escort should drive you home and you should rest for the remainder of the day.
- Do not drive, operate machinery or make important decisions (e.g. signing contracts) for the remainder of the day.**
- You may return to usual activities the following day.
- A nurse will call you in 1-3 days to check on your condition.
- If a follow-up appointment was advised by Dr. Jeffers, remember to schedule an appointment.
- Remember to call (770) 941-4810 if you have any questions.