Upper Endoscopy Instructions

- **You may eat a regular diet up until 12 midnight the day before the procedure**

- **After midnight you may have only clear liquids by mouth. These include water, clear juice (apple, white grape, cranberry), black coffee or tea, Gatorade, soda, broth, and jello. No alcohol, cream soup, milk, or orange juice.**

- **You may have nothing by mouth at all for three hours before the procedure.**

- **You should arrive at the procedure center one half hour before your endoscopy is scheduled to start.**

- **If you take blood thinners such as Coumadin you may need to stop them several days before the procedure. Discuss this with your doctor.**

- **If you take medications for diabetes these will have to be adjusted. Discuss this with your doctor.**

- **Heart and blood pressure medications should be taken with a sip of water at least two hours before the procedure.**

- **You must have someone to drive you home after the procedure.**

- **Bring a written list of your medications and your insurance cards with you to the procedure. Please leave jewelry and valuables at home.**

If you do not follow these instructions your procedure will likely have to be cancelled. If you have any questions please call our office.