

Preparing for Your Upper Endoscopy

Important

- Arrange for a responsible adult (18 years or older) to accompany you home. You will be groggy after your procedure. You must have a responsible adult with you even if you ride the bus, take a taxi or use medical transport. If this adult is unable to check in with you, please let them know we will need to contact them by phone prior to your procedure. Do not plan on returning to work that day.

If You Have Diabetes:

- The Day before Your Appointment:
 - If you are insulin dependent, check your blood sugar frequently. Every 4 hours is recommended. Treat accordingly. If there are concerns, please contact my clinic or your primary care provider.
 - Make sure that in your selection of clear liquids you include some clear liquids that contain protein, such as broth.
 - Reduce your evening long acting insulin dose by 30% (70% of your normal dose)
 - If you take a premixed insulin (ie. Humalin 30/70), reduce your dose by 30% (70% of your normal dose)
 - If you use an insulin pump, reduce the basal rate by 30%
- The Day of Your Appointment:
 - Reduce your morning long acting insulin dose by 30% (or 70% of your normal dose)
 - If you take a premixed insulin (30/70), reduce your dose by 50%
- If you have a low blood sugar (<4mmol), correct by drinking a clear liquid juice (apple or grape), soda, or sugar water.

5-7 Days Prior to your Endoscopy

- If you are taking Coumadin/Warfarin, clopidogrel, ticagrelor, or prasugrel, or any other blood thinning medication, please ask your prescribing doctor to see if you are able to stop those medications 5-7 days prior to your procedure. If you are not able to come off those medications, please let us know before your procedure.
- Dabigatran, apixaban, and rivaroxaban are generally stopped 2 days prior to your procedure.
- Please stop any additional NSAIDS (Aleve, Motrin, Advil, etc) 5 days prior to your colonoscopy if possible. Also stop fish oil, vitamin E and any other oily vitamin for 7 days prior.
- You may continue to take a daily aspirin if needed for a medical condition.

The Night Before Your Endoscopy

- Stop eating any solid foods after midnight. You may continue to drink clear liquids until 3 hours prior to your procedure. Do not use any milk or cream. Black coffee is ok.

The Day of Your Procedure

- Stop consuming any clear liquids at least 3 hours before your procedure. No gum, mints, or candy.
- If you are taking essential medications, it is important that you take them early in the morning on the day of your exam with a sip of water.
- Bring a list of your medications with you to your procedure.
- You **MUST** have someone drive you home after the procedure.
- If you are of child bearing years you will need to perform a urine pregnancy test prior to sedation. This will be done at surgery center.