

My Upper Endoscopy Prep Calendar

Patient name:
Physician:
Procedure Date:
Arrival Time:



- Please hold your Aspirin for ___ days prior.

If you are taking blood thinners, such as Coumadin, you will receive additional instructions guided by your prescribing physician.

- Confirm with the person who is providing you a ride home. You must have a ride home as you will be receiving sedation **(NO TAXIS, Lyft, or Uber by yourself)**. Please inform your escort that the visit will take 1 ½ -2 hours.



- If you are unable to make your appointment please call, 603-580-7892. **Core Gastroenterology requires 72 hours notice for cancellations**



- No solid food after midnight**
- Only clear liquids allowed: apple juice, white grape juice, ginger ale, clear broth/bouillon, water, coffee/tea without milk, clear carbonated beverages, Jello-O, popsicles.
- Please **take** your morning medications with a sip of water at least two hours prior to your procedure time.
- Stop** drinking all liquids 3 hours before you are due to arrive at the hospital.
- No chewing gum or hard candy 3 hours prior to arrival.**

Helpful Tips

- You will need to contact the doctor who prescribes your diabetic medications for pre procedure instructions.
- Questions may be directed to (603)-580-7892.
- Please secure a ride home for the day of your procedure. You should plan to be there for 1.5-2 hours. You will need to make sure you confirm your ride, and your ride is available and reachable during your procedure time.
- If you wear contacts, you will be asked to remove them prior to the procedure.
- You will be asked to remove jewelry before your procedure and you should consider leaving valuables at home.
- Please check with your insurance carrier regarding their coverage of this procedure, a pre-authorization may be required.
- If you are within child-bearing age, you may be asked for a urine specimen prior to your procedure.