

Upper Endoscopy Preparation Instructions

IMPORTANT - Please Read These Instructions at Least 1 Week Before Your Procedure.

A Pre-Endoscopy nurse will call you within 24-72 hours of your procedure for an important health history interview.

Key Instructions:

Follow all of the instructions in this handout **EXACTLY** as they are written. If you do not follow the directions, your procedure may be canceled.

- **DO NOT** eat anything the day of your procedure. You may have clear liquids, but these will need to be stopped **6 hours before your exam.**
- A responsible family member or friend **MUST** drive you home from the procedure. You are **NOT ALLOWED** to drive or leave the Endoscopy Center **ALONE**. If you do not have a responsible driver (family member or friend) with you to take you home, your exam will need to be rescheduled.
- Please do not bring any jewelry or other valuable items to the endoscopy room for your procedure.

Your doctor has scheduled you for:

- Gastroscopy (EGD)**- A procedure where the doctor looks at your esophagus, stomach, and the first part of your small bowel.
- Esophageal Dilation**- After performing a gastroscopy, the doctor will stretch your esophagus.
- Gastroscopy (EGD) with a Feeding Tube (PEG) Placement**- The doctor performs a gastroscopy and makes a small incision into the abdomen. A feeding tube is then placed through this incision.
- Endoscopy Retrograde Cholangiopancreatography (ERCP)**- This is a procedure where the doctor looks at the ducts leading from your liver and pancreas.
- Esophageal Motility**- This is a test that will assess the motor function of your esophagus.
- Bravo pH Monitoring Study**- This is a test that evaluates whether acid from the stomach is refluxing into the esophagus.

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Medications:

Before your upper endoscopy, some of the medicines you take may need to be stopped or adjusted temporarily, please check with your primary physician for instructions.

- You may take your regular pills with sips of water up to 3 hours before your procedure. **This includes most pain pills. Pain pills to STOP taking 3 days prior to your procedure (7 days for an ERCP) include Motrin, Ibuprofen, Daypro, Indocin, Advil, Nuprin, Naproxen, Aleve, Feldene, Voltaren, Celebrex, Relafen, Mobic, Lodine, Toradol, Ketoprofen, and Arthrotec.**
- **DO NOT TAKE IRON PILLS FOR 3 DAYS BEFORE YOUR PROCEDURE.**
- If you are prescribed blood thinners, ask your Primary Care Provider at least 2 weeks before the scheduled test, **if and when** you should stop taking these medications. Blood thinners include Aggrastat (tirofiban), Aggrenox, Brilinta (ticagrelor), Coumadin (warfarin), Eliquis (apixaban), Heparin, Lovenox, Persantine, Plavix (clopidogrel), Pradaxa (dabigatran), Savaysa, and Xarelto (rivaroxaban).
- If you are taking Aspirin 81 mg or less, you may continue. **Do NOT** take more than 81 mg daily for 7 days prior to your procedure.
- If you are diabetic, you will be given instructions about diabetic medications during the pre-endoscopy interview.
- For patients having a **BRAVO STUDY**, please **STOP taking proton pump inhibitors 7 days before your procedure** including Prilosec (omeprazole), Prevacid (lansoprazole), Protonix (pantoprazole), Nexium (esomeprazole), Aciphex (rabeprazole), and Dexilant (dexlansoprazole). In addition, please **STOP taking histamine (H2) blockers 2 days before your procedure** including Pepcid (famotidine), Zantac (ranitidine), Tagamet (cimetidine), and Axid (nizatidine).

The Morning of Your Procedure

Only drink clear liquids before your procedure. Clear liquid must be stopped 6 hours before your procedure.

The clear liquids you can drink include:

- Water, apple, or white grape juice; clear broth (chicken or beef); coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or 7-Up; Gatorade or other sports drinks (not red); Kool-Aid or other flavored drinks (not red), jello or other gelatins (not red); or popsicles (not red).
- Do **NOT** drink alcohol on the day before or the day of the procedure.

If you need to reschedule, cancel, or have any questions about your procedure please contact 231-487-2391 before 4 p.m.