

## **UPPER ENDOSCOPY PREPERATION**

FOR YOUR APPOINTMENT WITH THE GASTROENTEROLOGIST

### **FOR 5 DAYS BEFORE YOUR PROCEDURE**

1. Discontinue use of all aspirin products including arthritis medications such as Advil, Aleve, Bextra, Celebrex, Ibuprofen, Motrin, Vioxx, Indocin, Indomethacin, and Naprosyn. Also discontinue Vitamin E.
2. Discontinue use of anti-coagulation medications such as Plavix, and Clopidogrel **with approval from your prescribing doctor.**
3. If you are on Coumadin, it is your responsibility to notify this office, as well as your primary care physician so that alternative medications can be prescribed.

### **THE DAY OF THE PROCEDURE**

**No solid food after midnight the night before your procedure.** You may drink clear liquids up to 2 hours before your appointment time. **NO RED OR PURPLE LIQUIDS.**

Clear liquids are:

1. Clear soup broth
2. Fruit juices: Apple, White Grape, White Cranberry. No Nectars.
3. All jello except red or purple.
4. Gatorade and Hi-C fruit drinks.
5. Popsicles, hard clear candy, gummy bears, non-dairy creamer, coffee, tea, soft drinks. No alcohol.

You should arrive 1 hour before your scheduled procedure at Beaver Medical Group,

7000 Boulder Ave, Highland, CA. Gastroenterology Dept. on the second floor.

**IMPORTANT: You MUST have an adult relative or friend come with you and stay during the entire procedure.** They must drive you home from your procedure. No public transportation or cabs can be used. The procedure will be cancelled if you fail to bring a driver with you.

You will be given IV sedation for your procedure. It is important that you tell the nurse of any medication allergies that you have before the procedure.

You will not drive, return to work, sign legal documents, or take on any potentially dangerous tasks for the remainder of the day.

**IF YOU HAVE ANY QUESTIONS OR NEED TO RESCHEDULE, PLEASE CALL 909-862-1191**