

Pre-procedure Instructions for Upper Endoscopy

Please bring a list of your current medications to your appointment. You must have a driver with you who will wait for you while you are under our care. If you do not have a driver, your appointment will be rescheduled.

1. Have a light dinner the night before your procedure. Avoid raw vegetables and salads.
2. Do **NOT** eat or drink anything after midnight the night before your procedure.
3. **Patients on certain types of blood thinners MUST stop their medication several days before the exam. Please discuss this with your physician or nurse before your scheduled procedure.**
4. Please inform your physician and the medical staff if you have a defibrillator or a pacemaker.
5. If you take medications for your heart and/or blood pressure, be sure to take them at your normally scheduled times. This includes on the morning of your procedure with a small sip of water. Hold all other medications until after your procedure.
6. If you take medication for diabetes, do not take it until after your procedure and you have eaten. This includes oral and injection medication.

If you are unable to keep this appointment, please notify our office at (916) 681-6100 at least 72 hours (3 days) prior to your scheduled appointment.