

UPPER ENDOSCOPY INSTRUCTIONS



You must arrive 1 hour before your scheduled time.

You cannot drive yourself home from the procedure. You must bring a responsible **adult, 18 years old or older**, to drive you home and sign discharge paperwork. Taxi, Uber, Lyft, or any rideshare service are not acceptable.

Instructions:

Diet:

1. Do not **eat** anything for **12 hours** prior to your procedure. This includes chewing gum, hard candy, or tobacco products for 12 hours prior to your procedure.
2. Do not **drink** anything **4 hours** prior to the procedure.

Medications:

1. You may take your usual medications with a sip of water 4 hours prior to the procedure unless instructed not to take a medication.
2. You may continue to take aspirin and anti-inflammatory medications such as Aleve, Advil, Motrin, Ibuprofen, Naproxen
3. You must **stop** taking any **injectable GLP-1 medications** for diabetes one week prior to your procedure. These include Trulicity, Byetta, Ozempic, Mounjaro, Victoza, and Lixisenatide
4. If you are on diabetic medications, please contact your prescribing physician for dosing changes since you will not be eating for 12 hours prior to your procedure.
5. You will need to **stop your blood thinners** prior to the procedure.

Stop 2 days prior: Apixaban, Eliquis, Dabigatran, Pradaxa, Edoxaban, Savaysa, Rivaroxaban, Xarelto

Stop 7 days prior: Warfarin, Coumadin, Fondaparinux, Clopidogrel, Plavix, Ticagrelor, Prasugrel, Effient, Dipyridamole, Persantine, Cilostazol, Pletal, Ticagrelor, Brilinta

Activity:

1. You cannot work the entire day of the procedure. You may return to work the following day.
2. You cannot drive a car, operate machinery including lawn equipment, sign legal documents, or engage in any activity that requires mental alertness or good judgment for the entire day after your procedure.