

# Upper Endoscopy Preparation Instructions

Your procedure is scheduled on \_\_\_\_\_.

You will be contacted by a registered nurse from WVMC before your procedure to get an updated health history. You should receive a call the evening or the Friday before your procedure (starting after 5 p.m.) with a confirmed hospital arrival time.

## It is very important to follow these instructions exactly for a safe successful Upper Endoscopy.

If instructions are not followed your procedure may be cancelled.

### Designated Driver

You will be receiving conscious sedation for your procedure so you must have a designated driver to take you home. You should not drive, work or make any important decisions the day of the procedure.

### Diet

Have nothing to eat after midnight (including gum/candy). You may have clear liquids up until 3 hours prior to hospital arrival time.

Clear Liquids (No red or purple items of any kind):	
Gatorade or Powerade	Clear broth or bouillon
Coffee or tea (no milk or non-dairy creamer)	Carbonated and non-carbonated soft drinks
Kool-Aid or other fruit-flavored drinks	Clear fruit juices (no pulp)
Jell-O	Popsicles, Hard candy

### Medications

Medications you take may need to be **stopped or adjusted** prior to your procedure.

Medications	Should be stopped
Coumadin (warfarin), Plavix (clopidogrel), Brilinta (ticagrelor), Aggrenox (aspirin/ dipyridamole), Ticlid (ticlopidine Hcl) and Iron Supplements	5 days before procedure
Xarelto (rivaroxaban), Pradaxa (dabigatran etexilate), Eliquis (apixaban) and NSAIDS (Ibuprofen, Naproxen, Aleve, Advil or Motrin)	2 days before procedure
Insulin, diabetic pills, diuretics and Digitalis	The morning of procedure

Please take all other medications as prescribed by your doctor with a small sip of water on the day of your procedure. If you have any questions about stopping or adjusting medications please check with the physician performing the procedure.

### Day of Procedure

Please check in at the front of the hospital for your procedure at the designated time. Expect to be at the hospital for 2-3 hours.

If you have any questions please call  
Willamette Valley Medical Center - Short Stay Services  
Monday to Friday 6am-8pm  
(503) 435-6355

