

Upper GI Endoscopy

To get the best results from your Upper Endoscopy and to avoid having to do the procedure over, please follow these instructions completely unless directed otherwise by your physician. Please take your insulin or blood thinner products as you were directed by your GI physician during your office visit. If you have questions, please call us at 970-297-6303.

Time line	What you need to do	Comments
7 days before procedure	<ul style="list-style-type: none"> <input type="checkbox"/> Arrange for a responsible adult to come with you into the facility on the day of your procedure to listen to your discharge instructions and drive you home. You may NOT take a cab or public transportation. You will not be allowed to drive until the day following your procedure. <input type="checkbox"/> IF YOU TAKE BLOOD THINNER PRODUCTS: follow the instructions for your blood thinner products as you were directed by your physician. <input type="checkbox"/> IF YOU TAKE INSULIN PRODUCTS OR ORAL DIABETES PILLS: Contact your physician to obtain specific directions for dosages on the day before and day of your procedure. 	<p>For your safety, your procedure will be cancelled if you do not have a ride home arranged.</p> <p>You may take Tylenol® if necessary</p>
Day before your procedure:	<ul style="list-style-type: none"> <input type="checkbox"/> If your exam is before 12:00 noon, please fast after midnight (nothing to eat or drink). <input type="checkbox"/> If your exam is after 12:00 noon, do not eat after midnight, but you may drink clear liquids until 4 hours prior to your procedure. Clear liquids include: <ul style="list-style-type: none"> ○ Chicken or beef bouillon/broth ○ Coffee or tea without cream ○ Pulp-free fruit juices (apple, white grape) ○ Sport drinks like Gatorade® ○ Jello® (not red, blue, or purple) ○ Clear sodas (Sprite®, 7Up®, ginger ale) 	<p>DO NOT drink or eat anything that is RED, BLUE, or PURPLE.</p>
Day of procedure: 4 hours before	<ul style="list-style-type: none"> <input type="checkbox"/> Take your usual medications (especially heart and blood pressure medications) up to 4 hours prior to the procedure. It is OK to take aspirin up to and including the day of the procedure, up to 4 hours prior to your procedure. Follow specific directions given by your physician regarding insulin, oral diabetes pills, and blood thinners. <input type="checkbox"/> Do not drink or eat anything until after your procedure is complete, including NO gum, mints, or candy. 	
Appointment time	<ul style="list-style-type: none"> <input type="checkbox"/> Arrive at your appointment time with your responsible adult companion. 	<p>For your safety, your procedure will be cancelled if you do not have a ride home arranged.</p>