

Central Coast Gastroenterology
Medical Group
Preparation for Upper Gastrointestinal Tract Endoscopy

Date: _____

Arrival Time: _____

Location: ___ Templeton Endoscopy Center, 1320 Las Tablas, Ste. A, Templeton
___ Twin Cities Community Hospital Outpatient Surgery, Templeton

This examination involves visualization of the upper digestive tract with a video camera tube called an endoscope. The tube is swallowed after the throat is sprayed with a topical anesthetic and a mild sedative is given into the veins.

FIVE DAYS BEFORE YOUR EXAM

- **Stop Aspirin 5 days prior to your exam.** Note: if you are taking aspirin because you have experienced an event such as a stroke or heart attack, you should discuss Aspirin with our office.
- Avoid anti-inflammatory medications (NSAIDS): Ibuprofen (Advil, Motrin), Naproxen (Aleve), Excedrin, Indocin, etc. Tylenol may be taken for pain.
- **Blood Thinners** – if you take Coumadin, Plavix, Pradaxa, Effient or other anticoagulant “blood thinners” discuss this with our office.

THE DAY BEFORE YOUR EXAM

- **Do not eat or drink anything that is red or purple.**

THE DAY OF YOUR EXAM – MORNING PROCEDURES

- **The night prior to your procedure do not eat or drink anything after midnight.**
- Take all of your essential morning medications (especially blood pressure, heart, and asthma medications) with a sip of water - If you are diabetic please review your medications with our office.
- **DO NOT EAT OR DRINK ANYTHING 4 HOURS PRIOR TO YOUR PROCEDURE**

THE DAY OF YOUR EXAM – AFTERNOON PROCEDURES

- You may have clear liquids such as juice without pulp, water, clear broth, coffee or tea (without milk or non-dairy creamer) until **6 hours** prior to your procedure.
- Take all of your essential morning medications (especially blood pressure, heart, and asthma medications) with a sip of water - If you are diabetic please review your medications with our office.
- **DO NOT EAT OR DRINK ANYTHING 4 HOURS PRIOR TO YOUR PROCEDURE**
- Have someone available to drive you home. Plan on being at the hospital or endoscopy center for about 2 to 3 hours. The procedure will generally take less than a half an hour, but you need to stay for another hour to allow the sedation to wear off somewhat.