

## Preparation for Upper Gastrointestinal Tract Endoscopy

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Location: \_\_\_\_\_ Central Coast Endoscopy Center, 77 Casa Street, Suite 106  
\_\_\_\_\_ Sierra Vista Hospital, Outpatient Services, San Luis Obispo

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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.

Prior to the procedure, the following preparation is necessary:

1. The week before your exam, **stop your aspirin 5 days prior.** **If you are on coumadin** or other blood thinners please notify our office as soon as possible.
2. The day before your exam, do not eat or drink anything that is red or purple. **Please call our office 549-7843 to confirm your appointment.**
3. **Take nothing by mouth after midnight the night prior to the procedure.** You need to have your stomach empty at the time of the exam. (If you take blood pressure medication do take that as you normally would though at least 4 hours before the start of the procedure. If you are diabetic and take insulin, be sure the doctor is aware of this as you may need to adjust your medication since you will not be eating until after the procedure).
4. **If you have an afternoon procedure you may have clear liquids** such as juice without pulp, water, clear broth or bouillon, Gatorade, Vitamin Water, black coffee and tea (without milk or non-dairy creamer) **until 4 hours prior to the procedure.**
5. **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.
6. You should not plan on driving the remainder of the day. It usually is best to go home and take a nap after the procedure. You may feel fine and alert, but the effects of the medications can continue to alter your reflexes, alertness, etc. for 6 to 8 hours after the procedure.

**Please call our office if you have any questions.**