

Capital Gastroenterology Consultants

Patient Instructions: Upper Endoscopy

Procedure Date:

Procedure Time:

Arrive at: _____

Procedure Location:

□ Silver Spring 10801 Lockwood Dr, Ste 110 Silver Spring, MD 20901 301.593.5110 □ Rockville 15005 Shady Grove Rd, Ste 300 Rockville, MD 20852 301.762.1280

Due to cancellations or physician emergencies, your procedures **time** may change. You will be called the day before to confirm **all** appointment instructions. PLEASE ALLOW ABOUT 2 HOURS TOTAL TIME FOR ALL ASPECTS OF YOUR PROCEDURES.

SEE REVERSE FOR INSTRUCTIONS, PLEASE REVIEW CAREFULLY AT LEAST SEVEN (7) DAYS BEFORE YOUR PROCEDURES.

ABOUT YOUR PROCEDURE

You will be sedated with an intravenous medication, and that will impair your judgment and perception. After the procedure you will have time to rest, however, you must **make arrangements for transportation home** since lingering effects of the medication will make operating a motor vehicle hazardous for 24 hours after the procedure. *If these arrangements are not made before you come to the facility, your procedure will be cancelled*. No one will be allowed to leave in a taxi without a responsible adult (someone 18 or older) to accompany him or her.

SEVEN (7) DAYS BEFORE YOUR PROCEDURE

Do not take any **aspirin** (including Ecotrin, Bufferin, and Anacin) as well as, herbal supplements like Ginseng, Gingko and Garlic. If you take Plavix, Coumadin, Heparin or Lovenox, consult with your physician to know when they should be stopped.

You may take Acetominphen or Tylenol if needed for discomfort.

FOUR (4) DAYS BEFORE YOUR PROCEDURE

Do not take **anti-inflammatories** (e.g., ibuprofen, Advil, Motrin, Aleve, etc.).

THE DAY BEFORE YOUR PROCEDURE

You are allowed to eat your regular diet. If you are taking any medications (prescription or nonprescription) for any reason, please check with the doctor to determine whether or not to take your medications on the day of your procedure. Please take all heart and blood pressure medications up to and including the day of your procedure.

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If you are diabetic and taking glucophage, hold glucophage for 24 hours prior to your procedure. Hold all other oral diabetic medications the morning of your procedure. If you are on either insulin or coumadin, check with your doctor for specific instructions.

THE DAY OF YOUR PROCEDURE

Solid foods and dairy products are not allowed. You can drink only clear liquids *up to four hours before* your procedure. Clear liquids include clear juices such as apple, grape and cranberry, clear broth or bouillon, tea and coffee (without milk or creamer), Jell-O, Italian ices, sodas, Gatorade, Kool Aid and water. Make sure your lemonade, orange or grapefruit juice does not have any pulp.

During the 4 hours before your procedure, take nothing by mouth, not even water.

Please bring any inhalers that you may use to your procedure. Please do not wear any perfumed products to the appointment.