

Upper Endoscopy Checklist

10 days prior to your procedure:

- If you need to cancel and reschedule your procedure please do so 10 days in advance to allow your time slot to be utilized by another patient.
- Familiarize yourself with all the instructions provided, contact the office if you have any questions.

Five days before your procedure:

- Review when you are to hold any blood thinning medications and mark that date.
- Confirm you have a driver over the age of 18 to take you home following the procedure. You cannot take public transportation, such as taxis, Uber, Lyft, etc.

Day of the procedure starting at Midnight:

- You must not have any solid food at the start of midnight the day of your procedure.
- You may drink clear liquids until 4 hours prior to your procedure.
- Take nothing by mouth 4 hours before your procedure

Clear Liquid:

Gatorade, Pedialyte 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
Strained fruit juices (no pulp)
Jell-O, popsicles, hard candy

Not Clear Liquid:

No red or purple items of any kind
No Milk or non dairy creamers
No noodles or vegetables in soup
No juice with pulp
No liquid you cannot see through
No solid food

If you have any questions regarding these instructions, please call * at ***.**