

Upper Endoscopy | Preparation Instructions

Name: «FirstName» Date of Procedure: With: Dr. «RendPrLName» Arrival Time:

Alaska Digestive Center: 563-1750 4048 Laurel Street STE 103a	ARH: 264-2055 2801 Debarr Rd (Main Entrance)	PAMC: 212-3149 3220 Providence Dr (Entrance 2)	SCOW: 631-3578 3190 E Meridian Park Lp Ste 111
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ONE WEEK BEFORE UPPER ENDOSCOPY

- You **must** have a responsible adult drive you home. If you do not have a ride arranged, we will not be able to perform the procedure. Public transportation is only allowed with an adult escort.
- **Medications**
 - Blood-thinning medications may need to be discontinued. Take your last dose of on
 - May continue to take regular medications, unless instructed by provider or nursing staff
 - **Stop Taking**
 - Prescription Iron pills

TWO DAYS BEFORE UPPER ENDOSCOPY

- Obtain Covid Test

ONE DAY BEFORE UPPER ENDOSCOPY

- **Patients that are Diabetic**
 - Evening Dose Only: Take ½ the dose of your diabetic medication(s) the day before your procedure
 - No dose the day of the procedure

DAY OF UPPER ENDOSCOPY

- **No solid foods after midnight**
- Start clear liquid diet- **No solid foods, dairy or non-dairy products, juices with pulp, red or purple colors, and alcohol.**
- Clear Liquids include: Water, Apple Juice, Gatorade, Broth, Jell-O, Popsicles, soda, hard candies, etc.
- NOTHING TO EAT OR DRINK THREE (3) HOURS PRIOR TO PROCEDURE TIME.