UPPER ENDOSCOPY PREPARATION INSTRUCTIONS
G.I. PROCEDURES UNIT

If you have any questions after you read these instructions, please call the Medical Procedures Unit at (310) 825-7540

Your doctor has referred you for an upper endoscopy. This is a test for which you may be given sedation. While you are sleeping or drowsy, the doctor will examine the lining of the upper part of your gastrointestinal tract, i.e. the esophagus (swallowing tube), stomach, and duodenum (first portion of the small intestine) using a thin flexible tube called an endoscope.

PREPARATION:
You will require special instructions regarding these from your doctor:
   COUMADIN OR PERSANTINE, BLOOD PRESSURE MEDICATION

5 Days Before the Procedure
If you are instructed to do so, stop taking all iron, ASPIRIN and ANY ARTHRITIS MEDICATION SUCH AS: MOTRIN, IBUPROPHEN, AND ADVIL.

Night Before the Test
Do not eat solid food after 12:00am.
Do not take any medications after midnight unless the doctor has specifically asked that you take them i.e. blood pressure medication.

IMPORTANT: Unless you have already done so, notify your doctor if you have a heart murmur or a history of heart valve surgery.

Day of Your Test
You may drink clear liquids until (4) hours before your procedure. No milk or milk products allowed. Clear liquids are to be light and see-through in color. NO REDS, PURPLE OR ORANGE colors allowed! Clear liquids include: strained fruit juices without pulp (apple, white grape, white cranberry, lemonade etc.). Other liquids to include: Gatorade, carbonated and non-carbonated soft drinks (no reds, purple or orange). You can have (1) cup of Coffee or Tea (without milk or milk product), plain jello (without added fruits or toppings) and chicken bouillon (broth only).

If you are being sedated for your procedure, you must bring someone with you to drive you home or have someone meet you in the procedure unit to accompany you home. Your procedure cannot be done if you have not made these arrangements.

You should not drive a car, operate machinery or make any important decisions until the day after your procedure.

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Medical Procedure Unit Locations:

- 200 Medical Plaza Suite 320, Los Angeles CA 90095
- 1250 16TH Street 1401, Santa Monica CA 90404