

Newburyport Gastroenterology LLC
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Newburyport, MA 01950
978-465-4622

Upper Endoscopy Preparation Instructions

ONE WEEK PRIOR TO YOUR UPPER ENDOSCOPY

- **The following medications must be stopped one week prior to your upper endoscopy:**

Aspirin and aspirin containing products

NSAIDS such as Aleve, Advil, any anti-inflammatories (Take Tylenol if needed)

Vitamins, iron supplements, herbal supplements

- If you are taking any blood thinning medications such as Coumadin / Plavix, please follow the instructions for these medications as instructed by your physician.
- **Continue taking all other prescribed medicines**
- If you are a diabetic, follow the instructions for any changes in your insulin coverage or medication on the day before and day of the procedure as ordered by your physician.
- **Please call the Access Department @ 978-834-8210 to pre-register for this procedure anytime Monday through Friday from 8am-5pm.**

THE DAY BEFORE YOUR UPPER ENDOSCOPY

NO SOLID FOOD AFTER MIDNIGHT

THE DAY OF YOUR UPPER ENDOSCOPY

YOU MAY HAVE CLEAR LIQUIDS ONLY UP UNTIL 4 HOURS BEFORE YOUR PROCEDURE.

Clear liquids include:

- Apple juice, white grape juice, white cranberry juice (NO PULP)
 - Water
 - Coffee/tea - **BLACK ONLY** (without milk, cream or non-dairy creamer)
 - Sport drinks (**NO RED, ORANGE OR PURPLE**)
 - Clear carbonated drinks like 7-up, ginger ale or sprite.
 - No alcohol products
- **YOU WILL NEED TRANSPORTATION ARRANGMENTS:**
You will need someone to drive you home.
You cannot walk home.
A taxi is permissible only if you are accompanied by a responsible adult (not the taxi-driver).
 - Leave valuables at home. Wedding bands may be left on.
 - **BE SURE TO TAKE ALL OF YOUR PRESCRIBED MORNING MEDICATIONS AS YOU USUALLY DO WITH A SMALL SIP OF WATER, UNLESS INSTRUCTED OTHERWISE BY THE PHYSICIAN. If you are on a Beta-Blocker medication (metoprolol, atenolol, etc.), please be sure to take this the morning of your procedure.**
 - **Please bring inhalers and diabetes medications with you to the hospital if applicable.**
 - Check in at the Anna Jacques Surgical Day Area.
 - After your procedure, instructions will be written down prior to you going home. You may also contact the office with any questions.

PLEASE NOTE:

- If you are unable to keep your appointment on the date scheduled, please call our office to reschedule as soon as possible. A 48 hour advanced notice is desirable. Please be advised that scheduling is done by medical necessity, such as diabetic patients and age.
- We will contact you four days prior to your procedure to give you the time to arrive. You will need to arrive at the Anna Jacques Surgical Day Area 45 minutes prior to your procedure time unless otherwise instructed. If you are delayed, please call the Endoscopy Unit at 978-463-1273.
- Your privacy and the privacy of all other patient is important to us. Please limit the number of escorts/family members who come with you to the Hospital.