

Name: \_\_\_\_\_

Date/Time: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Date Of Birth: \_\_\_\_\_

**JAMES D. TOROSIS, MD**

**VICKY W. YANG, MD**

**DANIEL S. RENGSTORFF, MD**

**CYNTHIA W. LEUNG, MD**

LOCATION: \_\_\_\_\_

## **UPPER ENDOSCOPY** Preparation Instructions

### **Purpose of Procedure:**

The endoscope, which is a flexible lighted instrument, is swallowed through the mouth to examine the esophagus, stomach and the duodenum. You may read more about the procedure on the attached brochure.

### **Five days before the procedure:**

**If you are taking any blood thinners** (coumadin, plavix, xarelto, pradaxa, effient or similar) please check with your doctor when you should stop this medication.

You may take Tylenol (acetaminophen) or continue a daily aspirin (if you have heart disease, history of stroke, etc).

***If you have a history of blood clots, coronary artery stents or a mechanical heart valve please discuss this with your doctor.***

### **Preparation:**

You may have clear liquids (**beef/chicken broth; black coffee/tea with sweetener; apple, white grape, or white cranberry juices; Gatorade; and Jell-O**) after midnight until 2 hours before your procedure. Please do not eat or drink anything for 2 hours prior to the procedure.

**\*\*\* NOTHING by mouth for 2 HOURS BEFORE PROCEDURE or your procedure will be cancelled \*\*\***

You may take your morning medications with a small sip of water, unless otherwise instructed. If you are a diabetic, please discuss your medications with one of us.

You will most likely receive sedation and will require a designated driver to take you home. Public transportation and taxis are not an option. If you need assistance, our office may be able to help you find a ride.