

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, eliquis 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 drink anything for 2 hours prior to the procedure.

***** No Solid Foods After Midnight*****

***** 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.