



## Patient Information Sheet For Upper Endoscopy\*

I have discussed with you the need for an upper endoscopy. In order to make this test as successful as possible, it is important that your stomach be completely empty. By following these simple instructions, you can ensure the success of the examination.

1. Do not eat anything solid for at least 8-10 hours prior to your examination, preferably from midnight before the examination.
2. You may have clear liquids up until three hours prior to your examination. This includes clear broth, sports drinks (such as Gatorade), tea, coffee (without milk), plain jello, hard candy, clear fruit juices, Popsicles, ices, and water. You should not eat any solid foods, milk, or milk products.
3. Do not take any antacids for at least six hours prior to the examination.
4. All other medications (except those listed below) may be taken with small sips of clear liquids.
5. If you take insulin ask your primary physician or endocrinologist how they would like you to adjust your dose.
6. If you use other diabetic medications, do not take them until after the examination, when you start eating.
7. Do not use any aspirin, aspirin containing products, or other anti-inflammatory drugs (such as ibuprofen, Naprosyn, or Aleve) for five days prior to the examination.
8. If you use Coumadin, do not take it for three nights prior to the examination.
9. Let us know if you're allergic to any medications or if you've had any reactions to Demerol (meperidine), Valium (diazepam), or Versed (midazolam)
10. Let us know if you've had a heart valve replacement or have a history of endocarditis. If these conditions are present, you'll need to be given antibiotics prior to the procedure.
11. A companion must be able to escort you home from the examination as you will be given some medication which will make you drowsy and slow your reflexes for several hours. You will not be allowed to drive yourself home.
12. Report as instructed for the examination.

The following points may also be helpful:

1. You may feel bloated after the procedure because of the air used during the examination. Burping, walking, lying on your left side, or passing flatus, should help.

2. Your throat may feel a little sore after the procedure, but this usually passes within a short time. You may gargle with dilute salt water or use a mouthwash such as Chloraseptic.
3. The medication used for sedation, often causes amnesia for the period of the procedure and for a short time thereafter. You may, therefore, not remember the details of what happened or what the doctor explained to you afterwards. We will contact you the day after the examination (or if before a weekend or holiday, on our next business day) to again review the findings from the examination. If a biopsy was taken, these results are usually ready in 10-14 days.
4. If you should have any other questions, please do not hesitate to contact the office at 301-251-9555.