

UPPER ENDOSCOPY PREPARATION

Seven Days Prior to Your Endoscopy (IMPORTANT)

- ✓ Stop taking Aspirin and NSAID's (Ibuprofen, Naprosyn, Mobic, Advil, Motrin, Aleve, Excedrin etc.). You are allowed to take Tylenol
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids and Lovaza, Vascepa)
- ✓ **If you take BLOOD THINNERS** like Coumadin (Warfarin), Plavix (Clopidogrel), Aggrenox (dipyridamole), Brillinta (ticagrelor), Lovenox (enoxaparin), Pletal (cilostazol), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel), Savaysa (Edoxaban) or any blood thinner discuss with your Primary Doctor when these medications should be stopped prior to your procedure
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure.
- ✓ If you take these medications for **DIABETES or WEIGHT LOSS** (Qsymia, Phentermine, Adipex, Ozempic, Wegovy, Trulicity, Mounjaro, Byetta, Victoza, Saxenda, Tanzeum, Adlyxin, Bydureon, Rybelsus) they must be stopped at **least 1 week** prior to your procedure

The Day Before Your Endoscopy

- ✓ **After midnight** you are **NOT** allowed to take anything by mouth until after your exam is completed. Your stomach must be empty. If this is not followed strictly your endoscopic exam will be **CANCELLED**.
- ✓ The **ONLY exceptions** are for those with an Endoscopy scheduled **at 1 pm or later**, in that case you will be allowed to have Clear Liquids **UP UNTIL 4 hours prior to your test** (for example, if your test is scheduled at 2:00pm you may have 1-2 clear beverages up until 10:00am. After that point you are NOT allowed to have anything)

Food Category

Allowed

Clear Liquids

Water, Tea or coffee (without milk), Apple Juice, Grape Juice, Carbonated Beverage, Ginger Ale, Crystal Light, Gatorade, Jello

The Day Of The Endoscopy

- ✓ Unless otherwise instructed by your doctor, you may take all your **prescription** medications with a sip of water
- ✓ Do not smoke the day of the procedure
- ✓ You must arrive **30 MINUTES** prior to the scheduled procedure.
 - **Star Surgical Suites: 623 Stewart Avenue Suite 101 Garden City, NY 11530 (516) 222-(STAR)**
- ✓ Because of the medication you will receive during the procedure, **someone MUST accompany you home**. For the remainder of the day you will be required to rest at home and not operate a vehicle