

Upper Endoscopy Preparation Guide



7 Days Before Procedure

- Stop taking Iron, NSAIDs (Motrin, Advil, Ibuprofen, Aspirin, Feldene, Naprosyn, Nuprin, Celebrex, Vioxx) and Pepto Bismol
- Note that Tylenol (acetaminophen) does not interfere with procedure
- If you are a diabetic, call your managing or prescribing doctor to determine how your medication should be taken on the day of your procedure
- If you are on a prescribed blood thinner and have not received your instructions, please call Monadnock Gastroenterology Associates at 603.924.2600



5 Days Before Procedure

- If you have diabetes be sure you have contacted your managing or prescribing physician for medication instructions
- Confirm your driver and contact phone number for transport home. You **MUST** have a ride home from a responsible adult as you will have received sedation. Inform them that the procedure will take approximately 2 hours



1 Day Before Procedure

- Do not consume any alcohol the day before your procedure.
- Stop taking all antacids and carafate



Day Of Procedure

- Fast before your endoscopy
 - **Stop eating solid foods for eight hours** before your upper endoscopy
 - **Stop drinking liquids for four hours** before your upper endoscopy
 - **NO** alcohol, gum or breath mints
 - It is important for your stomach to be empty to allow visualization of the entire area and decrease the possibility of food or fluid being aspirated into the lungs while under sedation
- If you are on **blood pressure, asthma, and seizure medication** you must take your medication the morning of your procedure, prior to check-in.

DIABETIC AND WEIGHT LOSS MEDICATIONS

Abiglutide (Tanzeum, Eperzan), Dulaglutide (Trulicity), Exenatide ER (Bydureon Bcise), Exenatide IR (Byetta), Liraglutide 3mg (Saxenda), Liraglutide 1.2 mg or 1.8mg (Victoza), Lixisenatide (Adlyxin, Lyxumia), Naltrexone-Bupropion (Contrave), Orlistat (Alli), PhenQ, Phentermine or Phentermine/Topiramate (Lomaira, Adipex-P, Qsymia), Pramlintide (Symlin), Semaglutide (Ozempic Wegovy, Rybelsus), Setmelanotide (Imcivree), Tirzepatide (Mounjaro, Zepbound)

These medications delay gastric emptying and must be stopped for ONE FULL WEEK prior to procedure. Please reach out to prescribing provider for further instruction.

BLOOD THINNERS

Coumadin, Plavix, Eliquis, Brillinta, Xarelto, Pradaxa

Our nurse will contact prescribing provider for instruction on holding these medications. If you have not heard from one of our nurses one week prior to your procedure please reach out at 603.924.2600

Ensure all necessary insurance information and payment arrangements are in order before the procedure. If your insurance company requires a referral or prior authorization, please ensure our office has received it before the procedure. If there has been a change in your insurance information since your procedure was scheduled, please call our office to be sure your information is up to date.

Due to the sedative medications administered during the procedure, you will not be able to drive yourself home afterward. Please arrange for a responsible adult to accompany you to the appointment and drive you home afterward. It's also advisable to avoid making any significant decisions or operating heavy machinery for the remainder of the day. **You will need a responsible adult to drive you home from your appointment; otherwise, your procedure will be canceled.**

Thank you for entrusting us with your care. We look forward to seeing you for your appointment. If you need to reschedule or have any further questions, please get in touch with our office at **603.924.2600**.

Regular business hours: Monday-Friday, 8:00 a.m. - 4:00 p.m.