

Upper Endoscopy Prep Instructions

You are scheduled for an Upper Endoscopy with Dr. Michael Gilbert.

The following is the preparation guide for your upcoming procedure.

Essential information to note:

- **You will need a responsible adult to drive you home from your procedure;** this is due to the administration of sedative medications during your procedure. You CANNOT drive the remainder of the day and it is also advised you avoid making any significant decisions or operate heavy machinery the remainder of the day. **Your procedure will be cancelled if you do not have an adult to drive you home.**
- **Ensure Monadnock Gastroenterology Associates has up to date insurance information prior to arriving for your procedure.** Insurance companies vary coverage for all endoscopy procedures.
- **Recommended questions to ask your insurance:**
 - Ask about coverage for upper endoscopy.
 - Ask about procedure site of care coverage.
 - Ask about “out-of-pocket” expenses, including co-pays, co-insurance, or any deductible.
 - Ask about coverage for specimens removed and sent to pathology.
- **If you are diabetic or take GLP-1 medications (Ozempic, Trulicity, Mounjaro or equivalent)** – be sure to contact your managing or prescribing provider for medication instructions. You should watch your blood sugar closely during the prep period.
- **If you are on a prescription blood thinner/antiplatelet medication (such as Coumadin, Eliquis, Plavix, Xarelto, Brilinta, Pradaxa, Effient, or an equivalent),** a nurse will contact your prescribing provider for instructions on holding this medication. If you have not heard from one of our nurses one week prior to your procedure, please contact Monadnock Gastroenterology Associates at 603-924-2600

ONE WEEK BEFORE YOUR PROCEDURE

- Stop all Vitamins and Supplements, including Fish Oil and Iron.
- Stop any fiber supplements such as Metamucil, Benefiber or Citrucel.
- Stop taking Pepto Bismol
- Stop taking all NSAIDs (Ibuprofen, Advil, Aleve, Motrin, Naprosyn, Celebrex).
- You can continue taking Aspirin 81 mg.
- Note: Tylenol (acetaminophen) does not interfere with your procedure.

ONE DAY BEFORE YOUR PROCEDURE

- Do not consume any alcohol the day before your procedure.
- Stop taking ALL:
 - *Antacids* (Tums, Maalox, Mylanta, Carafate/Sucralfate)
 - *Histamine Blockers* (Famotidine/Pepcid, Zantac)
 - *Proton Pump Inhibitors* (Omeprazole/Prilosec, Pantoprazole/Protonix, Esomeprazole/Nexium)

DAY OF YOUR PROCEDURE:

- Stop eating solid foods for eight hours before your upper endoscopy.
- Stop drinking liquids for four hours before your upper endoscopy.
- 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/or seizure medication** you must take your medication the morning of your procedure.*

ABSOLUTELY NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR PROCEDURE.

If you eat or drink anything within 4 hours of your scheduled procedure, your procedure will be cancelled.

Please bring a medication list to your procedure and arrive at the main entrance of the hospital and follow the signs for the “Day Surgery Waiting Room” to check in.

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 contact our office at 603-924-2600.

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