

Upper Endoscopy Instructions

Please read and follow the instructions very carefully.

Medications	3 Days Before	2 Days Before	1 Day Before	On the day of your procedure
10 days before your procedure:	You MUST have a responsible adult	Snacks and Meals:	Before 11 p.m.:	Early morning:
If you are on diabetic or blood-thinning medication, refer to the Medication Information handout.	accompany you to and from your appointment. Make sure you have a ride on procedure day.	You may eat your normal diet.	You may eat your normal diet.	Take your usual prescribed medications especially chronic pain, blood pressure, heart and seizure medications.
5 days before your procedure:		Hydrate:	After 11 p.m.:	DO NOT consume anything four hours before check-in time.
Stop all iron (ferrous sulfate) supplements. Multivitamins are OK.		Drink AT LEAST four to six glasses of water or Gatorade throughout the day.	Begin your clear liquid diet (see Clear Liquid Diet handout)	STOP
6				Stop drinking all clear liquids <u>4</u> <u>hours</u> before you arrive.

Date of procedure

Arrival Time

** EXPECT TO BE HERE 3-4 HOURS **

Location: Cedar Valley Digestive Health Center

1015 S. Hackett Rd., Waterloo, IA 50701

If you have any questions or concerns, please call our office at 319-234-5990. Office hours are Monday–Friday from 8:30 a.m. - 5:00 p.m., with phones answered 24 hours per day for emergencies.



1015 S. Hackett Rd., Waterloo, Iowa 50701

319.234.5990

CedarValleyGI.com

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