







# Digestive Health Center

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