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www.digestivecarecenter.com

UPPER GASTROINTESTINAL ENDOSCOPY

PREPARATION INSTRUCTIONS

Patient's Name: _____

Procedure Location:

Digestive Care Medical Center

1000A Laurel Street

San Carlos, CA

(650) 596-8800 for scheduling/after hr

(650) 596-8118 for nursing

Date and Time of Procedure: _____

ENTER ON MORSE ST

Arrival Time: _____

Purpose of Procedure:

To evaluate the upper gastrointestinal tract with a flexible endoscope

Preparation:

- **5 Days Before:** Stop taking Plavix, warfarin, ibuprofen, naproxen, aspirin in doses >81mg
- **2 Days Before:** Stop Eliquis, Pradaxa, Savaysa, Xarelto if allowed by your prescribing doctor
Tylenol, Celebrex, and Mobic are O.K. to take as directed.
- **FASTING** - No solid food for 6 hours before procedure, no clear liquids (e.g. Gatorade, clear broth, apple juice, soda, etc) for 2 hours before procedure. Take you usual morning medications (particularly blood pressure medications other than diuretics) with sips of water.

Please note:

- If you are diabetic hold your oral diabetes medication on the morning of procedure. Check your blood sugar and if >150 then take ½ your regular insulin dose on a.m. of procedure.
- Arrange for someone to drive you home (not Uber, Lyft, taxi, or bus) and be prepared to be at the endoscopy center for 90 minutes. Enter via the side entrance on Morse.
You will not be able to drive for the remainder of the day of your procedure.
- Please notify us **at least** one week prior to exam if you must cancel.
NOTE: There is a \$300 charge for procedures cancelled within 5 business days of scheduled date.
- The above procedure may result in bills from our office, the Digestive Care Medical Center, tissue lab, and pathologist. We will collect up to a \$300 deposit if yearly deductible has not been met.