

INSTRUCTIONS FOR ENDOSCOPY

DAY BEFORE YOUR PROCEDURE

- No antacids after 3:00pm
- Have a light evening meal. No milk, greasy or fatty foods. Nothing colored red or purple.
- Nothing to eat or drink after midnight the night before.
- Take any heart or blood pressure medications as you normally do.
- If you are taking aspirin and/or blood thinners, please contact the office.
- Use Tylenol or acetaminophen for pain relief. **DO NOT USE** Motrin, Ibuprofen, Aleve or any other Non-steroidal Anti-inflammatory Drugs (NSAIDs) 7 days prior to procedure.
- If you are using a non-insulin injectable for diabetes or weight management:
Weekly injections: Hold for one week prior to your procedure. Daily injections: Hold the day of the procedure. Examples: Ozempic, Trulicity, Wegovy, and other semaglutides and dulaglutides.

If you have any form of sedation, you will need a responsible ADULT to accompany you and drive you home. Otherwise, you are responsible for arranging your own medical transport. Please call the office for a list of approved medical transport providers in your area. Note: Uber, Lyft, and regular cab companies are not considered safe medical transports.

Date: _____

Arrival time: _____

Procedure time: _____