

UPPER GASTROINTESTINAL ENDOSCOPY

PREPARATION INSTRUCTIONS

Patient's Name: _____

Procedure Location: **Digestive Care Medical Center**
1000A Laurel Street
San Carlos, CA
(650) 596-8118

Date and Time of Procedure: _____

Arrival Time: _____

Purpose of Procedure:

To evaluate the upper gastrointestinal tract with a flexible endoscope

Preparation:

- **Five Days Before:** Stop taking any aspirin, Coumadin, Lovenox, Plavix, or NSAIDs (e.g. ibuprofen, Motrin, Advil, Nuprin, Aleve, Naprosyn, etc.). Tylenol, Celebrex, Bextra, and Mobic are O.K. to take as directed.
- **FASTING** - No solid food for 6 hours before procedure, no clear liquids for 2 hours before procedure except that you may take any necessary medications with sips of water on the day of the exam.

Please note:

- If you are diabetic or take blood thinners check with your doctor about specific instructions.
- Arrange for someone to drive you home and be prepared to be at the endoscopy center for 90 minutes. **You will not be able to drive for the remainder of the day of your procedure.**
- Please call the Center at (650) 596-8118 or the Office at (650) 596-8800 for any questions about the preparation or procedure. Please call 596-8800 **at least** 5 days prior to exam if you must cancel. There is a \$300 charge for procedures cancelled within 4 business days of scheduled date.
- The above procedure may result in a bill from our office, the Digestive Care Medical Center, and from a pathologist. All three of these providers may not be in your insurance company network.

