

VA HEALTHCARE SYSTEM  
GI CLINIC  
Instructions for UPPER ENDOSCOPY

**Sedation is usually given for this procedure.**

Sedating medications given in your vein affect your judgment, memory, and sense of time. You may be affected by these medicines for up to 24 hours after the procedure.

**A Driver is required for patients receiving sedation for a procedure.**

Your driver must be with you when you check in. Your driver must be at least 18 years of age. Your driver must stay in the hospital during your procedure.

**DAV VAN Riders:**

You are required to have an adult accompany you on the van when you have a procedure. We can give you a doctor's note that you can give the DAV van driver.

**LODGING:**

A Lodging request can be placed if you live 75 miles or more away and your appointment is 10 am or earlier. Let us know if you are interested in lodging.

**Pacemakers and Implanted Defibrillators** require Device clearance by your Cardiologist. If you have an implanted cardiac device, let us know the Cardiologist who manages your device.

**Blood thinners** will need to be held prior to your procedure. The timeframe to hold these medications vary. Discuss the timeframe needed for holding blood thinning medication with your prescribing Provider. Let us know if you are followed by an outside provider for the blood thinner.

If your blood thinner is followed by a provider in the Durham VA Healthcare System a consult will be placed, and the provider will contact you with instructions.

If the GI Physician has discussed possible dilation of your esophagus, hold Aspirin 7 days prior to your Upper Endoscopy.

Hold any oral diabetic medications and insulin on the morning of the procedure.

Only take  $\frac{1}{2}$  dose of Long acting insulin the evening before the procedure.

Do Not eat or drink anything after midnight the night before your procedure.

Any morning medications can be taken with a sip of water 4 hours before your procedure.

Loose teeth may result in cancellation. Please consult your dentist prior to your procedure.

A GI nurse can place an order for COVID 19 pre procedure testing.

A GI nurse will discuss these concerns with you prior to your procedure.