

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.

The Day Before the Procedure: Drink only Clear liquids

- Hydrate. Drink 8 ounces of clear liquids every hour you are awake.
- Diabetics can put sugar in some of the liquids you drink.

Examples of clear liquids to drink:

Water/flavored waters	black coffee or tea (no milk or creamer)	white grape juice/ apple juice
chicken/beef/vegetable broth	Powdered drinks (Kool-Aid, tang), pulp free lemonade	Sports drinks/Gatorade™
Popsicles (not red/purple)	Sodas or carbonated drinks	lemon/lime/orange Jell-O™

DO NOT drink:

Red or purple liquids	Alcohol	Orange juice
Grapefruit juice	Tomato juice	Milk products

The Day of the Procedure: Do not eat. Morning medication that do not require food may be taken with water 4 hours before your procedure.

- Blood thinners** can increase the risk of bleeding.

If you take blood thinning medications, speak with the provider who manages the medication about when it should be stopped before your procedure.

Recommended stop times: **Call your provider for instructions!**

7 days before: <ul style="list-style-type: none">• Clopidogrel/Plavix• Prasugrel/Effient	5 days before: <ul style="list-style-type: none">• Warfarin/Coumadin• Ticagrelor/Brilinta	2 days before: <ul style="list-style-type: none">• Rivaroxaban/Xarelto• Dabigatran/Pradaxa• Apixaban/Eliquis	24 hours before: <ul style="list-style-type: none">• Lovenox
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Restart your blood thinner after your procedure as instructed by your provider.

- Diabetic medications** taken without food may lower your blood sugar to an unsafe level.

<p>On your clear liquid day/days</p> <ul style="list-style-type: none">• Do not take: <u>Diabetic pills</u>: (Metformin, Glyburide, Glipizide, Pioglitazone, Sitagliptin) <u>Short Acting Insulins</u>: (Regular, Aspart, Exenatide)• Take $\frac{1}{2}$ dose/doses: <u>Long Acting Insulins</u>: (70/30, Glargine/Lantus, Detemir, NPH) <p>Do not take any diabetic medications on the day of the procedure.</p>

- Insulin Pumps** Contact your provider for instructions.
- Bring your rescue inhalers.**
- Bring your CPAP or BIPAP machines to the procedure appointment.**
- Pacemakers and Implanted Defibrillators need clearance before the procedure.**
- Use of illegal drugs before your procedure may lead to cancellation.**
- Loose teeth may result in cancellation. Please consult your dentist prior to your procedure.**