

## **UPPER ENDOSCOPY PREPARATION: INSTRUCTIONS AND INFORMATION**

### **PLEASE FOLLOW THESE INSTRUCTIONS:**

If you are taking blood thinners (i.e. Coumadin) or if you have a bleeding disorder, please discuss this with your physician at least several days prior to the examination.

If you have **Sleep Apnea** please discuss this with your primary physician and call to notify us at the phone number above, in advance of the procedure.

**Your stomach must be completely empty to allow for an adequate examination. Please do not eat anything after midnight on the evening prior to the procedure. However, if you have an afternoon appointment, you may have a clear liquid breakfast on the day of the examination until 10:00 am. Clear liquids consist of: water, tea, coffee (no milk), soda broth, strained fruit juices, Popsicles, and jello. **\*\*Do not ingest red liquids.\*\*****

**On the day of the endoscopy you should take your regular medication with clear water, unless otherwise instructed by your doctor.** Please do not take antacids or carafate the morning of your procedure.

*If you are diabetic take **1/2 your usual dose** of insulin on the morning of the procedure. If you take a "diabetes pill" you may skip it on the morning of the procedure unless instructed otherwise.*

**Due to possible lingering effects from the sedation you cannot drive for the remainder of the day following the procedure, and therefore, you must have a ride home. For your own safety, you will not be discharged from The Endoscopy Center of Brookline unless a responsible adult, over the age of 18, is present to either drive you home or accompany you in a taxi or on public transportation.**

### **LOCATION:**

Please report to The Endoscopy Center of Brookline located at 930 Commonwealth Avenue, Boston, MA 02215. The entrance is located on Dummer Street.

From Boston, turn left on St Paul Street and right onto Dummer Street, please park in the second garage on your right.

From points west, turn right onto Pleasant Street and left onto Dummer Street, please park in the first garage on your left.

*If you have questions or need to reschedule you appointment, please call (617) 414-6600 between the hours of 7:00am and 3:30pm, Monday through Friday. After hours please call (617)-638-8000 and ask to speak to the GI Fellow on call.*