

**Digestive Health Physicians**  
**Gastroenterology Gastrointestinal Endoscopy Hepatology**  
**(239) 939-9939**

**PREPARATION FOR UPPER ENDOSCOPY**

You have been scheduled to undergo an Upper Endoscopy.

Your procedure is scheduled on: \_\_\_\_\_  
Date

The Facility you are to report to: Bonita Community Health Center, 1<sup>st</sup> Floor, Surgery Center

Please arrive for the procedure at: One Hour prior to your schedule procedure time.

**You must have someone drive you home. You will be unable to drive for 24 hours.**

**Please follow these instructions carefully.**

If you are scheduled for a procedure before noon, do not eat, drink or chew anything after midnight on the day before your procedure.

If your procedure time is scheduled for 1:00pm or later you may have one cup of clear liquid of your choice on the morning of your procedure. Examples of clear liquids – Coffee or Tea (no milk or cream), Popsicles (not red), Jell-O (not red), Broth, Gatorade, 7-Up/Ginger ale/Soda, Juices (apple, white grape).

**\*\*\*\*\*You must be fasting for 6 hours prior to this procedure\*\*\*\*\***

If you are a diabetic, or you take blood thinners: please refer to special instructions given to you. If you take blood pressure or heart medications be sure to take them on the day of your procedure. Please refrain from smoking the day of the procedure. If you are asthmatic, please bring your inhalers. Please bring a list of all your medications with the dosage, your insurance card, and glasses with you.

Your procedure will take approximately 30 minutes. You will then spend thirty minutes to an hour in the recovery room.

You will be able to resume normal activities the day after the procedure unless otherwise instructed.

Please call our office if you have any questions about the preparation 239-939-9939 press 4