

## NEWBURYPORT GASTROENTEROLOGY

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### Upper Endoscopy Preparation Instructions

Thank you for choosing Newburyport Gastroenterology for your upper endoscopy. We want to make sure that your procedure goes as smoothly as possible. **Please read all of the instructions in this packet at least 1 week prior to your procedure.** All instructions should be followed, or your procedure may be cancelled. If you have any questions, please call us at 978-465-4622.

**Procedure Location:** Anna Jaques Hospital, 25 Highland Avenue, Newburyport, MA 01950

- Most patients are ready for discharge within 2 ½ hours of the scheduled arrival time but occasionally unforeseen events occur that could result in delays. You will be informed of any potential delays when you arrive.
- Your escort should be available to meet you within 30 minutes after we call.

### Plan Ahead

- ☐ Arrange for an adult escort to take you home after your procedure
- ☐ Read your prep instructions carefully. Plan to buy any items you will need for your prep.
- ☐ Please note that Anna Jaques Hospital policy requires that women up to age 55 years old have a pregnancy test prior to having any endoscopic procedure. When you arrive for your procedure, a registered nurse will screen you for the test and if needed, request that you provide a urine sample.
- ☐ Read the information about the day of your procedure in this packet. It will tell you what to bring.

It is very important that you keep this appointment. If you must cancel, please call us at least 5 business days before your appointment by calling 978-465-4622. Calling ahead allows us to reschedule your appointment and give that slot to another patient.

## **Diabetic Patients**

- If you take pills to control your blood sugar such as Glipizide, Glucotrol, Metformin, Actos, Januvia or others, do not take it on the day of the procedure.
- If you are taking regular insulin or NPH insulin, do not take it on the day of the procedure.
- If you take other insulin medications such as Lantus, Humalog or 70/30 insulin, it is recommended that you take ½ your usual dose the evening before your procedure and none the day of the procedure.
- If you are taking GLP-1 antagonists such as Saxenda, Byetta, Victoza, stop the day of the procedure.
- If you are taking GLP-1 antagonists such as Wegovy, Ozempic or Trulicity weekly, you will hold this one week prior to the procedure.

## **One week before the procedure – Patients on blood thinners**

- If you use Aggrenox, Arixtra, Coumadin, Warfarin, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto or any blood thinner (anti-coagulant), please follow the instructions for stopping or not stopping these medications that were provided by your gastroenterologist. If you did not receive instructions, or have additional questions, please call the office at 978-465-4622.
- If you take a daily dose of aspirin, there is no need to discontinue it unless your gastroenterologist specifically told you to do so.
- If you take NSAID's such as Naprosyn, Aleve, Ibuprofen or Advil, these do not need to be discontinued unless your gastroenterologist specifically told you to do so.

### **Seven (7) days before your procedure:**

- If you take iron pills, vitamins and/or herbal supplements, stop taking them 7 days before your procedure.

### **The day before the procedure:**

#### **Follow a clear liquid diet only after 11 pm tonight.**

Clear liquid is any liquid that you can see through. Do not drink any red, purple, or orange liquids. Examples of clear liquids include water, tea, black coffee (no dairy), clear broth, apple

or white grape juice, white cranberry juice (no pulp), sodas, and sports drinks like Gatorade and Jell-O.

**Remember, the day before your procedure:**

- No solid foods after 11 pm
- No alcoholic drinks

## **Day of your procedure:**

**Consume only clear liquids until after your procedure**

**3 hours before your scheduled procedure time**

- Stop drinking all liquids.
- Continue to not eat any food.
- If you drink liquids, chew gum, eat hard candy, or eat any food within 3 hours of your procedure, it will need to be postponed or cancelled.

## **The Day of Your Endoscopy Procedure**

**Bring these things with you to your procedure**

- ☐ Your photo identification.
- ☐ The name and phone number of your escort.
- ☐ You may wear your wedding rings but no other jewelry.

**The day of your procedure**

- Before the procedure, the doctor will review the procedure with you and ask that you sign a consent form.
- We will call your escort 30 minutes before you are ready to leave.
- Most people are ready to go home 2 ½ hours after their arrival time. Occasionally there are delays.

**After the procedure**

- Most people need to rest at home for the remainder of the day. Don't drive or operate any machines on the day of your procedure. Avoid making any important decisions. Avoid drinking alcohol.
- You can go back to eating as you normally do right away.
- You will get a letter in the mail with your test results within 2 weeks after your endoscopy.

**Remember**

- **You cannot drive after your procedure.**
- **We will have to cancel your procedure if you do not have an adult escort to meet you in the endoscopy unit and bring you home.**
- **Your escort should be able to pick you up 30 minutes after we call them.**

**If you have any questions about these endoscopy preparation instructions, call your gastroenterologist at 978-465-4622.**