IMPORTANT - Please Read Both Pages of These Instructions at Least 1 Week Before Your Procedure.

A Pre-Endoscopy nurse will call you within 24-72 hours of your procedure for an important health history interview.

Key Instructions:
Follow all of the instructions in this handout EXACTLY as they are written. If you do not follow the directions, your procedure may be canceled.

- **DO NOT** eat anything the day of your procedure. You may have clear liquids, but these will need to be stopped **6 hours before your exam**.
- A responsible family member or friend **MUST** drive you home from the procedure. You are **NOT ALLOWED** to drive or leave the Endoscopy Center ALONE. If you do not have a responsible driver (family member or friend) with you to take you home, your exam will need to be rescheduled.
- Please do not bring any jewelry or other valuable items to the endoscopy room for your procedure.

Your doctor has scheduled you for:

- **Gastroscopy (EGD)** - A procedure where the doctor looks at your esophagus, stomach, and the first part of your small bowel.
- **Esophageal Dilation** - After performing a gastroscopy, the doctor will stretch your esophagus.
- **Gastroscopy (EGD) with a Feeding Tube (PEG) Placement** - The doctor performs a gastroscopy and makes a small incision into the abdomen. A feeding tube is then placed through this incision.
- **Endoscopy Retrograde Cholangiopancreatography (ERCP)** - This is a procedure where the doctor looks at the ducts leading from your liver and pancreas.
- **Bravo pH Monitoring Study** - This is a test that evaluates whether acid from the stomach is refluxing into the esophagus.

See Page 2
**Upper Endoscopy Preparation Instructions**

**Medications:**
Before your upper endoscopy, some of the medicines you take may need to be stopped or adjusted temporarily, please check with your primary physician for instructions.

- You may take your regular pills with sips of water up to 3 hours before your procedure. **This includes most pain pills. Pain pills to STOP taking 3 days prior to your procedure (7 days for an ERCP) include Motrin, Ibuprofen, Daypro, Indocin, Advil, Nuprin, Naproxen, Aleve, Feldene, Voltaren, Celebrex, Relafen, Mobic, Lodine, Toradol, Ketoprofen, and Arthrotec.**

  - **DO NOT TAKE IRON PILLS FOR 3 DAYS BEFORE YOUR PROCEDURE.**
  - If you are prescribed blood thinners, ask your Primary Care Provider at least 2 weeks before the scheduled test, **if and when** you should stop taking these medications. Blood thinners include Aggrastat (tirolfiban), Aggrenox, Brilinta (ticagrelor), Coumadin (warfarin), Eliquis (apixaban), Heparin, Lovenox, Persantine, Plavix (clopidogrel), Pradaxa (dabigatran), Savaysa, and Xarelto (rivaroxaban).

  - If you are taking Aspirin 81 mg or less, you may continue. **Do NOT** take more than 81 mg daily for 7 days prior to your procedure.

  - If you are diabetic, you will be given instructions about diabetic medications during the pre-endoscopy interview.

  - For patients having a BRAVO STUDY, please **STOP taking proton pump inhibitors 7 days before your procedure** including Prilosec (omeprazole), Prevacid (lansoprazole), Protonix (pantoprazole), Nexium (esomeprazole), Aciphex (rabeprazole), and Dexilant (dextranzoprazole). In addition, please **STOP taking histamine (H2) blockers 2 days before your procedure** including Pepcid (famotidine), Zantac (ranitidine), Tagamet (cimetidine), and Axid (nizatidine).

**The Morning of Your Procedure**

Only drink clear liquids before your procedure. Clear liquid must be stopped **6 hours before your procedure.**

The clear liquids you can drink include:

- Water, apple, or white grape juice; clear broth (chicken or beef); coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or 7-Up; Gatorade or other sports drinks (not red); Kool-Aid or other flavored drinks (not red), jello or other gelatins (not red); or popsicles (not red).

- **Do NOT** drink alcohol on the day before or the day of the procedure.

If you need to reschedule, cancel, or have any questions about your procedure please contact the Endoscopy Nurse Navigator at 231-487-4398 or 231-487-5736 before 4 pm.