

Advanced Gastrointestinal and Liver Disease

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Upper Endoscopy Instructions

Please remember to arrange for a responsible adult to accompany you home. If you do not have an adult escort your procedure will be cancelled and rescheduled. Taxis are not permitted.

For women who still menstruate, please be prepared to give a urine sample for a pregnancy test.

If you have **sleep apnea**, and you use a CPAP machine, we recommend that your procedure be performed at Huntington Hospital. Please bring your CPAP machine with you on the procedure day.

If you take **aspirin, plavix, coumadin**, or other blood thinners, please discuss this with Dr. Zinkin prior to the exam. Dr. Zinkin may recommend stopping or continuing these medications prior to the exam, depending on your individual circumstances. In addition, if you have diabetes and take insulin or other diabetic medications, please discuss this with Dr. Zinkin.

If you have a **morning procedure**, do not eat or drink anything after midnight the night before. You may have your morning medications with a small sip of water.

If you have an **afternoon procedure**, you must not eat anything after midnight the night before, but you may have clear liquids up to 4 hours before your procedure time.

Clear liquids include black coffee, plain tea, water and apple juice, ONLY

No solid food, milk, or anything other than clear liquids on procedure day

Do not put milk in your coffee or tea or your procedure will be canceled

You must arrange for a ride home as you will not be permitted to drive after the procedure. Please plan to take the rest of the day off from work and driving.

After the Procedure

You will need to arrange to have a family member or friend take you home. Taxis are not permitted. We also ask that you not work and not make any important decisions for the remainder of the day.