

# Upper Endoscopy Instructions

## Ten Days Before

- **Arrange for a responsible adult (18 years or older)** to drive you home and stay with you on the day of your procedure. If you are receiving sedation for your procedure and do not have a responsible adult, your procedure will be cancelled. Your responsible adult may leave but must be reachable by phone before the start of your procedure and available to pick you up no more than 15 minutes after your procedure.
- Review page 2 for instructions if you are on any blood thinners or diabetic medications

## One Day Before

- You may eat your normal diet until 10 p.m. the night before the procedure.
- At 10 p.m. stop eating solid food and begin clear liquid diet (see Clear Liquid Diet Guide on page 3).

## Procedure Day

- Continue clear liquid diet until six hours before your check-in time.
- **Early morning:** Please take your regular medications with sips of water (including aspirin and high blood pressure medicines), except for those listed on page 2.
- **Six hours before your check-in time,** limit clear liquids to water, black coffee or tea (no sweeteners/ cream/milk, please limit coffee to two cups or less).
- **Nothing past your lips starting two hours before your procedure check-in.**
- Do not take any mind-altering substances the day of your procedure, such as: alcohol, marijuana or other “recreational” substances.  
**Doing so will result in cancellation of your procedure.**
- Please plan to spend 1.5-2 hours at Virginia Mason for your procedure, from check-in to discharge.

## After Procedure

During the procedure you received medications that may significantly impair your judgment. Plan to take the day off work. For your safety you may not drive, take other transit or leave the medical center without a responsible adult. Put off important decisions until the day after your procedure.

**Important:** Please read all instructions at least two weeks before your procedure. Patients with longer travel times, including ferry riders, may prefer an afternoon appointment.

**In order to avoid a \$300 late cancellation fee, please call at least 4 business days prior to your appointment, if you need to reschedule.**

**To reschedule, call  
(253) 272-8664, Option 2**

Franciscan Endoscopy Center in Tacoma  
Franciscan Endoscopy Center in Gig Harbor  
Franciscan Endoscopy Center in Federal Way  
Franciscan Endoscopy Center in Burien  
St. Elizabeth Hospital, Enumclaw  
St. Joseph Hospital, Tacoma  
St. Anthony Hospital, Gig Harbor  
St. Anne Hospital, Burien  
St. Clare Hospital, Lakewood  
St. Francis Hospital, Federal Way

**To reschedule, call  
(206) 223-2319, Option 2**

VMMC Lynnwood Ambulatory Surgery Center  
VMMC Bellevue Ambulatory Surgery Center  
VMMC Federal Way Outpatient Surgery Center  
VMMC Seattle Buck Pavilion  
VMMC Seattle Jones Procedural Center

# Medication Information

## Continue taking without interruption:

- ✓ Any routine medications
- ✓ High blood pressure medications
- ✓ Daily aspirin (81mg or 325mg)
- ✓ Multivitamin that contains iron
- ✓ Miralax and other laxatives

## Contact your prescribing physician for instructions:

- Diabetic medications
- Any blood thinner other than daily aspirin (81mg or 325mg) or Plavix (clopidogrel)

## If you take Plavix (clopidogrel):

**Stop five days before your procedure**, unless you have had a heart stent placed in the last 12 months or you have had a heart attack in the last three months, in which case you will need to contact the provider managing your Plavix (usually your primary care provider or cardiologist) to see if it is safe to hold the Plavix. In some cases, you may be instructed to continue the Plavix during the procedure or to reschedule the procedure to a later date.

# Clear Liquid Diet Guide

Starting 24 hours before your check-in time, the following clear liquids are acceptable:



✓ Water/flavored water/coconut water



✓ Clear sports drinks (no red, green or purple)



✓ Jell-o (no red, green or purple)



✓ Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry (no pulp or red, green or purple)



✓ Black coffee or tea (sweetener ok but no milk or cream, please limit black coffee to two cups or less starting the morning of your procedure)



✓ Clear broth (veggie, beef, chicken)



✓ Popsicles without cream or fruit (no red, green or purple)



✓ Soda

Starting six hours before your check-in time, limit clear liquids to the following:\*



✓ Water



✓ Black coffee (please limit to two cups or less starting the morning of your procedure, no sweeteners/cream/milk)



✓ Clear tea (no sweeteners / cream / milk)

*\*If you are diabetic and experiencing hypoglycemia, you may have clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry (no pulp, or red, green or purple) up to two hours before your check-in time.*

## DO NOT DRINK

- × Milkshakes
- × Smoothies
- × Juice that is **not** clear: orange, pineapple, grapefruit, and tomato
- × Milk, dairy or non-dairy
- × Soup other than clear broth/unstrained broth (i.e. broth that still contains herbs)
- × Cooked cereal
- × Juice, popsicles or gelatins with red, green or purple dye
- × Barium/oral contrast
- × Limit alcohol