

Instructions for Upper GI Endoscopy

Procedure Date: _____ Check in Time: _____

*****Cancel 72 hours in advance to avoid any fees*****

Seven days before your procedure:

- **HOLD** non-steroidal anti-inflammatory or arthritis medications (e.g., ibuprofen, Advil, Motrin, Nuprin, Naprosyn, Alleve, Celebrex, Mobic, etc.) ***You may take Tylenol.***
- **HOLD** aspirin, aspirin-containing products (e.g., Alka-Seltzer, Excedrin, etc.), and Plavix. If you are taking Coumadin, Lovenox, Heparin, or other blood thinners, contact our office as well as the doctor who prescribed the medication for specific instructions.
- **HOLD** GLP-1 medications (Ozempic, Wegovy, Rybelsus, etc.). If taking daily hold the day of the procedure. If taking weekly hold 1 week prior to procedure. Contact your prescribing physician for approval to stop medication.

Day of your procedure:

- **If your procedure is scheduled for the morning**, please do not eat or drink anything after midnight the night before.
- **If your procedure is scheduled for the afternoon**, please do not have anything to eat after midnight the night before and you may have clear liquids (see below) up to 2 hours **(4 hours if you take GLP-1 medications)** before the procedure.

Clear liquids: Gatorade/sports drinks/Pedialyte, soft drinks, strained fruit juices without pulp (apple, white grape, orange, lemonade), fruit flavored drinks (e.g., Crystal Light), water, tea, coffee (without milk or milk products, including non-dairy creamer). NO dairy products, smoothies or shakes.

Things to remember the day of your procedure:

1. Bring a current **list of your medications, Photo ID and insurance card.**
2. You **MUST** have a driver, 18 years of age or older, who will accept responsibility for you and be present at discharge.
3. You are **NOT allowed to take a taxi, bus, Uber, Lyft or shuttle van.** If you do not have a responsible adult escort, your procedure will be cancelled. Ideally, your escort should be able to stay with you for several hours after the procedure in case you are still sleepy. Do not drive, sign legal documents, or consume alcohol for 24 hours.
4. You will be at the facility for **1 ½ - 2 hours** from check-in to recovery.

Billing Information:

You may receive a call up to a week before your procedure from the endoscopy's billing department, (844) 210-6742, to verify insurance benefits and to provide you the amount of upfront collections that are to be paid on the day of your procedure if any. You may call them directly if you don't receive a call. Physician charges are separate from facility and anesthesia charges. If biopsies are taken, you may also receive an additional bill from the pathologist. You will need to call your insurance for anesthesia and physician coverage and benefits.

If you do not have a driver to pick you up from your procedure below are services that can assist you. Please call-in advance to check their fees and schedule a pick up.

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All Care Home Care (619) 297-9601

Should you have any questions, please call **(858) 453-5200**