

PREPARE for Upper Endoscopy

TO ENSURE A SMOOTH PROCEDURE DAY :

☐ **FOLLOW THESE INSTRUCTIONS CAREFULLY!**

- Disregard instructions included with the prep kit
- Failure to follow may result in a delay or cancellation of your procedure

☐ **STAY HYDRATED!**

- Process causes significant fluid loss & can cause sickness from dehydration
- Drink as much clear liquid as possible during process

☐ **DO NOT OMIT ANY PART OF THE PREP!**

- Poor prep may cause polyp or cancer to go undetected
- If the procedure needs to be repeated, you'll be required to prep again

- ☐ Arrive 30 minutes before your scheduled appointment time
- ☐ Bring your photo ID and insurance card(s)
- ☐ Prepare for payment at check-in if required by your insurance coverage
- ☐ Wear loose, comfortable clothing and flat shoes
- ☐ Avoid bringing valuable items *[NSGA is not responsible for any lost items]*
- ☐ Arrange for a responsible adult to drive you home after the procedure

☐ **STAY POSITIVE!**

Our team is committed to helping you through this process. You will be contacted multiple times leading up to your appointment. While in the office, you will meet the administrative & clinical team before your procedure.

Please do not hesitate to reach out to the office for questions. You can call us at **516-487-2444** or send your physician a message through the Athena Patient Portal by visiting **athenahealth.com/patient-login**.

A \$100 fee will apply for failure to attend your procedure. If cancellation is necessary, please notify the office at least 72 hours in advance.

ARRANGE TRANSPORTATION :

Who can pick me up after my procedure ?	
YES :	NO :
- Family, friend, or someone you who can safely bring you home - Someone who is able to physically come into the office to sign you out - Someone who is reliable & trustworthy	- Drive yourself - Uber or Lyft, or taxi service - Someone who cannot physically come into the office - Someone who is unreliable

ANESTHESIA SAFETY :

Anesthesia can affect your coordination, judgement, and reaction time for several hours.	
YOU SHOULD :	YOU WILL NOT :
Take the day off & rest	- Drive or operate machinery - Work or make big decisions - Perform physical activities

7 DAYS BEFORE PROCEDURE :

- ☐ Confirm your transportation arrangement
- ☐ Review the medications you take:

CONTINUE :	STOP TAKING :
- What your physician told you is safe to take	- What your physician told you to temporarily STOP - Iron and fish supplements and vitamins - GLP-1s such as Ozempic, Weygovi, etc.

Notify your doctor *immediately* if you take **BLOOD THINNERS** or **INSULIN**.
You may need to discontinue or decrease your dose prior to your procedure.

3 DAYS BEFORE PROCEDURE :

- ☐ Confirm your transportation arrangement
- ☐ Review your insurance coverage to understand your financial responsibility

1 DAY BEFORE PROCEDURE :

- ☐ At 11:00pm, START A CLEAR LIQUID DIET
 - After 11:00pm, if it is not in the YES column, you cannot have it!

CLEAR LIQUID DIET :	
YES	NO
- Water, Sprite, Seltzer, Ginger Ale - Bouillon or clear broth - White grape juice, apple juice - Gatorade [<i>not red or purple</i>] - Plain Jello [<i>not red or purple</i>] - Italian Ice [<i>not red or purple</i>]	- Solid foods - Lemonade - Alcohol - Milk or milk products - Chewing gum, candies, mints

Drink additional clear liquids before bedtime, if tolerated, to help prevent dehydration!

THE DAY OF PROCEDURE :

- ☐ Take allowed medications **AT MOST 5 hours before appointment time**
- ☐ Continue clear liquid diet until 4 hours before appointment time
- ☐ Correct timing is essential for an effective prep:

**STOP DRINKING
STARTING 4 HOURS BEFORE PROCEDURE**

- ☐ Do not smoke, vape, or use tobacco and/or recreational products
- ☐ Do not apply lotion to chest, arms, or legs
- ☐ Wear loose, comfortable clothing. Wear flat shoes to avoid tripping or falling
- ☐ Arrive 30 minutes before scheduled time
- ☐ Bring photo ID, insurance card(s), and form of payment. Avoid bringing valuables.
- ☐ Females aged 12-54 years old:
 - Prepare to provide a urine sample in office for pregnancy testing

**YOU CANNOT HAVE
ANYTHING BY MOUTH
UNTIL AFTER YOUR PROCEDURE**