

## Preparing For Your Upper Endoscopy

**PLEASE READ THESE INSTRUCTIONS AT LEAST 7 DAYS PRIOR TO YOUR PROCEDURE TO AVOID BEING CANCELLED OR RESCHEDULED.**

### **No Show/Late Cancellation Policy:**

If you need to cancel or reschedule your procedure, we ask that you provide us with at least **3 business days'** notice. Our office reserves the right to charge patients **\$100** that do not provide us with appropriate notification in cancelling or rescheduling procedures. If you need to cancel or reschedule, please call our office directly at 541-382-2811 or submit a MyChart cancellation request.

### **7+ Days** before your procedure:

- **ARRANGE FOR A DRIVER** – You must have a responsible adult sign you out and escort you home following your procedure. You will not be allowed to drive yourself home.
- **REVIEW THE LIST OF MEDICATIONS OUTLINED BELOW THAT NEED TO BE HELD AND CONTACT THE PRESCRIBING PROVIDER FOR GUIDANCE WHEN INDICATED**
- **PLAN ON TAKING THE DAY OFF OF WORK/SCHOOL AS YOUR PROCEDURE TIME IS SUBJECT TO CHANGE UP TO THE DAY BEFORE YOUR PROCEDURE**

### **THE DAY BEFORE YOUR PROCEDURE:**

- **NO SOLID FOOD AFTER 8:00PM – CLEAR LIQUIDS ONLY UNTIL YOUR PROCEDURE**
- Examples of Clear Liquids that you can have up to 4 hours before your procedure:
  - Broth (bone, chicken, beef, vegetable)
  - Tea or Coffee **WITHOUT** cream or sugar
  - Jello – not red, orange or purple
  - Gatorade or other electrolyte drinks (not red, orange or purple)
  - Clear soda (ginger ale, Sprite, 7-Up)
  - Popsicles – not red, orange, or purple
  - Apple juice, lemonade, white cranberry juice (no pulp)

### **THE DAY OF YOUR PROCEDURE:**

- You may have clear liquids up until four (4) hours prior to your procedure
- Nothing by mouth after the 4 hour point (i.e. no gum, candy, food, or liquid)

## MEDICATION HOLD GUIDELINES

Contact your prescribing provider at least 7-10 days prior to your procedure date for instructions on stopping the following medications to avoid having to cancel or reschedule. Do not stop taking these medications without discussing with the prescribing provider first.

- PLAVIX
- WARFARIN
- COUMADIN
- ELIQUIS
- XARELTO
- BRILINTA
- EFFIENT

The following medications need to be held for 7 days prior to your procedure:

- GLP-1 Inhibitors (Non-Insulin Injectables) such as:
  - o Ozempic/Wegovy (semaglutide)
  - o Trulicity (dulaglutide)
  - o Mounjaro (tirzepatide)
  - o Saxenda (liraglutide)
  - o Victoza (liraglutide)
  - o Byetta (exenatide)
  - o Bydureon Bcise (exenatide)
  - o Rybelsus (Oral semaglutide)
- Phentermine
- Iron
- Fish Oil
- Vitamin E
- NSAIDs (Ibuprofen, Naproxen, Aleve, Excedrin, Advil, Motrin, etc)
- Aspirin 325 mg – OK to continue taking 81 mg Aspirin for cardiac conditions

The following medications need to be held for 3-4 days prior to your procedures:

- SGLT2 Inhibitors such as:
  - o Jardiance (empagliflozin) 3 day hold
  - o Invokana (canagliflozin) 3 day hold
  - o Farxiga (dapagliflozin) 3 day hold
  - o Synjardy (empagliflozin/metform) 3 day hold
  - o Steglatro (ertugliflozin) 4 day hold

Pre-Surgery nursing staff will contact you to discuss other medications you may be taking and provide complete instructions on when/if you need to stop them.