



## How to Prepare for Your Upper Endoscopy

**IMPORTANT – Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.**

### PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT

If you must cancel or reschedule your appointment, please call **708-216-0464** with at least SEVEN DAYS notice so another patient can be offered the time slot.

Follow all of the instructions in this handout EXACTLY as they are written.

#### Key instructions:

- Because of the sedation you will receive, you will need to have an adult you know (18 years or older) come with you to your visit and take you home. This is hospital policy and cannot be changed by your physician. If you do not have an adult driver come with you to your visit, your appointment will be canceled.

### PREPARING FOR YOUR UPPER ENDOSCOPY

#### Medications

Some of the medicines you take may need to be stopped or adjusted before your procedure.

- Blood thinners such as warfarin (Coumadin), clopidogrel (Plavix), enoxaparin (Lovenox), ticagrelor (Brilinta), ticlopidine (Ticlid), anagrelide (Agrylin), rivaroxaban (Xarelto), dabigatran (Pradaxa), and prasugrel (Effient). You **MUST** call **708-216-0464** at least 2 weeks before your procedure for medication orders.
- You may continue to take aspirin or non-steroidal anti-inflammatory medications, such as Aleve, Motrin, Advil, Ibuprofen, Vioxx or Celebrex.
- Insulin or Diabetes pills: you **MUST** call the doctor that monitors your blood sugar levels. Your medicine dose may need to be adjusted because of the diet restrictions required for the procedure.
- GLP-1 Agonists: Semaglutide (Ozempic/Wegovy), Dulaglutide (Trulicity), Exenatide (Byetta), Liraglutide (Victoza), Lixisenatide (Adlyxin), Tirzepatide (Mounjaro/Zepbound)
  - If the above are taken daily: Hold medication for 2 days
  - If the above are taken weekly: Hold medication for 1 week prior to procedure date.
- Appetite Suppression: Phentermine
  - Hold medication for 4 days
- Take all other medications ordered by your doctor. On the day of your procedure, take your medications with a sip of water.
- Bring a list of all your medications with you on the day of your procedure.

## 7 days before your procedure

- Make sure that you have a ride. **You will need to have an adult you know (18 years or older) come with you to your visit and take you home. YOU CANNOT DRIVE, TAKE A TAXI, BUS, MEDI-CAR, OR ANY FORM OF PUBLIC TRANSPORTATION.**
- If you have an Automatic Implanted Cardiac Defibrillator (AICD) or Pacemaker, get your information card from your doctor. You will need to bring it with you on the day of your appointment.
- Call **708-216-0464** if you are unable to keep your appointment and need to reschedule.

## The day before your procedure

- Do NOT drink alcohol on the day before the procedure or the day of the procedure.

## The day of your procedure

- If your procedure is in the **morning**:
  - **Do not eat or drink any solid or liquid food after midnight**
- If your procedure is in the **afternoon**:
  - **You may have clear liquids from the list provided, as long as it is at least 8 hours before your scheduled arrival time.** You may have coffee or tea (iced or hot) with sweetener only.  
**NO CREAMER OR MILK.**
- You may take your morning medications with sips of water. Be sure to take them at least 6 hours before your scheduled appointment time.
- You should arrive at the GI lab at least 60 minutes before your scheduled time. If you are scheduled at Gottlieb Memorial Hospital and you are on dialysis, are a transplant patient, or are actively receiving chemotherapy, please arrive 90 minutes before your appointment.
- **You will need to have an adult you know (18 years or older) come with you to your visit and take you home. YOU CANNOT DRIVE, TAKE A TAXI, BUS, MEDI-CAR, OR ANY FORM OF PUBLIC TRANSPORTATION.**
- If you have an Automatic Implanted Cardiac Defibrillator (AICD) or Pacemaker, bring your information card with you.
- Bring a list of all your medications with you.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.**

## Questions

If you have any questions about preparing for your procedure, please call:

- During normal business hours: **708-216-0464**
- After-hours: Physician Answering Service **708-216-8000**, and ask for the GI Fellow On Call

This information is intended for distribution to individual patients of the Loyola Medicine. It is not intended for general use by the public and should not be used for diagnosing or treating a health problem or disease without consultation of a qualified health care professional.

For more information on health topics and Loyola Medicine services please see our website at [loyolamedicine.org](http://loyolamedicine.org)

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