

UPPER ENDOSCOPY and SMALL BOWEL ENTEROSCOPY PREPARATION INSTRUCTIONS

You have been scheduled for an Upper GI endoscopy with Duke Gastroenterology. This is an examination of your upper GI tract (esophagus, stomach and duodenum). Intravenous sedation is given to make the exam more comfortable. We insert a flexible tube (endoscope) into your mouth and look at the upper part of your digestive system. If you have a morning appointment, **you cannot eat or drink after midnight**. For afternoon appointments, you may have black coffee or apple juice before 6 a.m.

Your stomach must be empty for us to perform the test. Please read the following instructions ahead of time so you can be adequately prepared for this exam.

To ensure your comfort IV sedation will be given for this exam (to make you relaxed). You must have a responsible adult companion with a valid driver license on site throughout your entire procedure, and stay with you for several hours after your procedure. We discourage children in patient care areas. You **may not go home alone** in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. You may not drive until the next day. **Please plan to be in our unit approximately 2-3 hour's total.**

If your escort does not accompany you to the unit, your procedure unfortunately will be rescheduled.

SPECIAL MEDICATION INSTRUCTIONS

We recommend you make the following medication changes prior to your procedure:

- **Blood-thinning medications** (such as Coumadin, Ticlid, Plavix, Persantine, Aggrenox and Lovenox) need to be discontinued prior to your procedure. **Please contact your prescribing physician** for instructions well in advance; you will need to be off these drugs **5 to 10 days** prior to your procedure.
- **Do not take iron pills** for 7 days prior to your procedure.
- **Continue taking your other prescribed medications (e.g. blood pressure pills) as usual.** If you have any questions about your medications, call your prescribing physician.
- **Diabetic patients**
If you take an oral hypoglycemic ("sugar pill"), **do not take it the day of your procedure.** If you are taking **insulin**, you should only take **half (1/2) of your usual scheduled insulin dose** before your procedure.
- If you have an internal defibrillator device (**AICD**), please bring your card to give to the nurse. You will need to know the name brand of your device prior to your procedure.