








# Upper Endoscopy Instructions

Please read and follow the instructions very carefully.

Medications	3 Days Before	2 Days Before	1 Day Before	On the day of your procedure
<p>10 days before your procedure:</p> <p>If you are on diabetic or blood-thinning medication, refer to the Medication Information handout.</p> <p>5 days before your procedure:</p> <p>Stop all iron (ferrous sulfate) supplements. Multivitamins are OK.</p> 	<p>You MUST have a responsible adult accompany you to and from your appointment. Make sure you have a ride on procedure day.</p> 	<p>Snacks and Meals:</p> <p>You may eat your normal diet.</p>  <p>Hydrate:</p> <p>Drink <b>AT LEAST</b> four to six glasses of water or Gatorade throughout the day.</p> 	<p>Before 11 p.m.:</p> <p>You may eat your normal diet.</p>  <p>After 11 p.m.:</p> <p>Begin your clear liquid diet (see Clear Liquid Diet handout)</p>  <p>Do not use any smokeless chewing tobacco or nicotine pouches at least 6 hours prior to your arrival time.</p>	<p>Early morning:</p> <p>Take your usual prescribed medications especially chronic pain, blood pressure, heart and seizure medications.</p> <p><b>DO NOT</b> consume anything four hours before check-in time.</p>  <p><b>Stop drinking all clear liquids <u>4 hours</u> before you arrive.</b></p>

Date of procedure \_\_\_\_\_ Arrival Time \_\_\_\_\_

**\*\* EXPECT TO BE HERE 3-4 HOURS \*\***

**Location: Digestive Health Center**  
1015 S. Hackett Rd., Waterloo, IA 50701

If you have any questions or concerns, please call our office at 319-234-5990.  
Office hours are Monday–Friday from 8:30 a.m. - 5:00 p.m., with phones answered 24 hours per day for emergencies.