

Upper Endoscopy Preparation Instructions

Please READ ALL instructions carefully

Location of your procedure:

The Center for Advanced Medicine & Surgery (CAMS), 122 Maple Ave, White Plains, NY 10601

SPECIAL INSTRUCTIONS:

- If you take a blood thinning medications** (to treat blood clots or to prevent a heart attack or stroke), contact the doctor who prescribes it and ask when to stop taking it.

Examples of blood thinners:

Warfarin (Coumadin)	Clopidogrel (Plavix)	Ticagrelor (Brilinta)
Cilostazol (Pletal)	Dabigatran (Pradaxa)	Rivaroxaban (Xarelto)
Apixaban (Eliquis)	Enoxaparin (Lovenox)	Edoxaban (Savaysa)

- If you are taking diabetic medications:**

- Insulin or other medications for diabetes:
 - You may need to change the dose. Ask your doctor prescribing it what you should do a day before and on the day of the procedure.
 - If you are taking Metformin, do not take it 48 hours before the procedure and on the day of the procedure.

- If you are taking the following medications for diabetes or weight loss**, it has to be held for 2 weeks prior to the procedure after discussion with your Endocrinologist.

• Dulaglutide (Trulicity)	• Semaglutide (Ozempic, Rybelsus, Wegovy)
• Exenatide extended release (Bydureon BCise)	• Tirzepatide (Mounjaro)

- If you have an AICD (automatic implantable cardioverter-defibrillator)**, you will need a letter from your cardiologist before your procedure that says it is safe for you to proceed with the procedure.
- If you have chest pain, trouble breathing that is new or worsening, or a recent episode of fainting, you will have to be examined by your doctor before the procedure.**

THE DAY BEFORE YOUR PROCEDURE:

- You may have your normal breakfast, lunch, and dinner.
- No solid foods after midnight.

THE DAY OF YOUR PROCEDURE:

- Take all morning medication, EXCEPT diabetes pills or instructed otherwise.
- Nothing by mouth 3-4 hours prior to procedure time.
- Clear liquids ONLY: **NOTHING red, orange, or purple.**

Clear carbonated beverages (Sprite, Ginger Ale, or Seltzer)	Black coffee/ tea (sugar and honey are okay) No dairy, dairy substitutes, or creamer
Water	Clear sports drinks (ex: Gatorade)
Clear fruit juices (apple, lemonade, white grape)	Popsicles (without fruit or pulp)
Jell- O (yellow or green)	Fat- free broth

THINGS TO REMEMBER:

- Take your prescribed morning medications you were instructed to take the morning of your procedure with a few sips of water.
- Bring a list of the medications you take at home.
- Remove all jewelry including body piercings and leave them at home.
- Don't apply any lotions, creams, or powder to your chest or arms.
- If you wear contacts, wear your glasses instead.
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you.
- **You must have a ride home after the procedure. You CANNOT drive home from the procedure site.**
- **NO TAXI OR RIDESHARE SERVICES PERMITTED.**

Appointment Disclaimer:

Please be advised that appointment times are subject to change. You will receive a confirmation call one day prior to your procedure with your actual confirmed time of arrival and procedure start time. Since your arrival time may change, please keep this in mind when arranging your transportation. In total, expect to spend up to 4 hours for this appointment.

If you need to change or cancel your appointment, please provide as much notice as possible. Call (914) 723-8100 ext. 514 to reschedule your appointment.