

11pm the night before your procedure

Discontinue all intake with the exception of clear liquids. Examples of common clear liquids: water, broth, juices (no pulp), coffee or tea (without milk or creamer), gelatin, popsicles, carbonated beverages.

NO SOLID OR SOFT FOODS

NO ALCOHOL

NO RED OR PURPLE COLORED LIQUIDS



Procedure day

If you take Diabetic medications:

DO NOT take diabetes pills or long acting Insulin.

Short acting insulin is okay if you use a sliding scale.

If your blood sugars are low: Drink a clear liquid such as a soft drink or apple juice.



2 hours before your procedure, stop drinking clear liquids

Take your routine medications with a small sip of water.

Anti-coagulations are an exception (please refer to separate pamphlet).

- You may brush your teeth and shower prior to leaving home.
- Do not wear any jewelry or bring any valuables with you.
- Plan to be at the Vancouver Clinic Ambulatory Surgery Center for 2-3 hours.



During the procedure

You will receive sedation (unless you request otherwise) through an IV. Your physician will discuss any procedure findings with you before your departure.

Upper Endoscopy Prep Instructions

Read these instructions at least 5 days prior to procedure.

You must have an adult drive you home. Taxis are not allowed unless you have an adult with you. If you need help with a ride, call 360-397-3430. To cancel or reschedule your appointment please call **360-397-3805**.

Procedure Date: _____
Dr. _____

Your procedure may be postponed if:

- You don't have a driver over 18 years of age
- You eat or drink after the time you have been instructed to stop

You will receive a nurse call 7 days prior to your procedure. Please read all instructions **prior** to the nurse call.

Your procedure time may change even on the day of your procedure.

You will receive an automated call or text with your arrival time 3 business days prior to procedure. If you are not signed up for the automated option you will receive a call 2 business days prior to procedure with your check-in time. Your procedure and arrival time are **not** available to view on MyChart.

Vancouver Clinic's Ambulatory Surgery Center is at our 87th Avenue location

700 NE 87th Avenue, Suite 320, Vancouver, WA, 98664

Please read these instructions carefully.

On the day of your procedure:

- You may take your routine medications with a small sip of water.
- Diabetes medications or anti-coagulants are an exception.
- You may brush your teeth and shower prior to leaving home.
- Do not wear any jewelry or bring any valuables with you.
- During the procedure you will receive sedation (unless you request otherwise) through an IV.
- Your physician will discuss any findings of your procedure with you in recovery and you will receive a copy of your procedure note to take home with you.
- If biopsies are taken or polyps removed, you will receive a letter or MyChart message in 2-3 weeks.
- Your procedure may not be where your office appointment was.

