

Getting Ready for Your Endoscopy

SEVEN DAYS BEFORE

- **Arrange a ride.** You **MUST** have a responsible adult drive you home or be responsible for you on public transportation. *You cannot leave the hospital without being in the care of a responsible adult to see you safely to your home.* There can be no exceptions and your procedure may be cancelled if you do not have an adult to take you home. This person does not need to stay at the hospital while you have your procedure, but should stay within fifteen minutes of the hospital after you are dropped off.
- **Your estimated time of stay will be two hours** from time of registration to discharge.
- Review the medications below to see if you will need to make changes:

If you take:	You should:
Aspirin	Continue to take.
Blood Thinners: Warfarin (Coumadin), Dabigatran (Pradaxa) Heparin, Edoxaban (Savaysa), Apixaban (Eliquis), Clopidogrel (Plavix), Rivaroxaban (Xarelto), Enoxaparin (Lovenox), Prasugrel (Effient), Ticagrelor (Brilinta), Fondaparinux (Arixtra), Dipyridamole (Aggrenox).	Call the person who prescribed this medication to ask how you should take them before and after your procedure. You may have to stop taking them before your procedure.
Insulin and Diabetes medications	Call the person who prescribed this medication to ask how you should take them before and after your procedure.
MAOIs: Rasagiline, Selegiline, Phenyelzine, Tranylcypromine	Call 802-847-8865 to let us know you take this medication.
Antacids: TUMS, Roloids, Milk of Magnesia, Sucralfate or Carafate, Mylanta, Alka Seltzer, Maalox, Gaviscon or anything stomach coating	Stop 24 hours prior to your procedure.
Acid Reducers: Omeprazole, Prilosec, Pantoprazole, Protonix, Esomeprazole, Nexium, Lansoprazole, Prevacid, Rabeprazole, Aciphex, Ranitidine, Zantac, Famotidine, Pepcid	Continue to take
GLP-1 agonist/Dual-acting GLP-1 agonist and GIP agonist: Dulaglutide (Trulicity), Exenatide (Byetta & Bydureon), Liraglutide (Victoza & Saxenda), Lixisenatide (Adlyxin), Semaglutide (Ozempic & Wegovy), Tirzepatide (Mounjaro & Zepbound)	Weekly Injectable medications: Stop 7 days prior to procedure Daily injectables or Oral medications: Stop day of procedure

ONE DAY BEFORE YOUR UPPER ENDOSCOPY:

- STOP taking antacids: TUMS, Rolaids, Milk of Magnesia, Sucralfate, Carafate, Mylanta, Gaviscon, Maalox or any stomach-coating products **24 hours** before your procedure.
- Ensure you have a driver to take you home after the procedure.
- **Stop eating solid foods after midnight the night before your procedure**

THE DAY OF YOUR UPPER ENDOSCOPY:

- You may drink anything under the “Okay” category up until **THREE** hours before your scheduled procedure time. *If you drink beyond this time period, your procedure may be cancelled for your safety.*
- Take your medications with water as long as it is **THREE** hours before your procedure time. If you drink within the three-hour window before your procedure time, your procedure may be cancelled.
- Bring a list of your medications and dosages with you.
- Take off your jewelry and leave at home. Leave any valuables at home.
- Plan to arrive one hour prior to your procedure time.
- Upon arrival to the hospital, go to the registration desk on the third floor of the front of the hospital. You can park in the parking garage of the hospital if needed.
- **You will not be able to** drive, work, operate equipment or sign legal paperwork for the remainder of the day.

Okay to Drink—if Not on this list, don't drink it

- Apple, White Grape or White Cranberry Juice
- Ginger ale
- Powerade or Gatorade that's not red or purple
- Crystal light that's not red or purple
- Black coffee
- Black tea
- Kool Aid that is not red or purple
- Water
- Popsicles that are not red or purple

Need to reschedule? Call 802-847-8865

Need to ask a question? Call 802-847-2493



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