

Upper Endoscopy Preparation

Important Prep Instructions:

Please read the entire letter. It will take you several days to prepare for this test. You may also need to stop taking certain medications up to a week in advance. We recommend that you post these instructions on your fridge at home to help remind you of the steps you'll need to take.

Important Testing Information:

Make sure to follow the prep instructions below completely, including stopping any medication that may impact your upper endoscopy and results.

- On the day of your procedure, you will need to take the day off from work.
- We require that you have a friend or family member drive you home after your procedure. You **may not walk, leave by taxi, bus, ride share or bicycle.** You will be receiving sedation medication that will cause you to be groggy and you will not be able to drive until the next day. Your driver will need to be with you when you check in and remain available to sign you out after your procedure.
- We will ask that you remove all jewelry and leave any valuables at home. (It is okay to bring your cell phone.) You should bring inhalers, oxygen, reading glasses or hearing aids if you use them.

Insurance and Financial Responsibility

- If your insurance has changed, please let us know before your procedure.
- After your procedure is scheduled, you may receive a call from Presbyterian to verify your information and insurance coverage. If you have questions, call (505) 923-8300.
- If you need financial assistance for the procedure, or if you have financial or billing questions, please call (505) 923-6600.
- If your insurance requires a referral before your procedure, it must be current at the time of your procedure, or you may be liable for payment.
- Bring your insurance card(s) with you the day of your procedure.

7-14 Days Before Your Endoscopy

- If you have diabetes, we recommend talking with your endocrinologist or primary care provider if any bridge for antidiabetic therapy is needed for that time period.

5 Days Before Your Endoscopy

If you take blood thinners, stop taking them 5 days before your procedure. This includes any Coumadin® (warfarin), Plavix® (clopidogrel), Persantine® (dipyridamole) or Ticlid® (ticlopidine).

If your provider does not want you to stop these medications, please call us at (505) 224-7000.

If you take weight loss medication named phentermine or Fenfluramine- phentermine (“fen-phen”), recommend to hold it 4 days prior to endoscopic procedures.

2 Days Before Your Endoscopy

Stop taking Eliquis® (apixaban), Xarelto® (rivaroxaban) or Pradaxa® (dabigatran etexilate) 2 days before your procedure. Do not discontinue these medications without instructions from your cardiologist, prescribing physician or anticoagulation clinic. Contact your prescribing physician for instructions.

If your provider does not want you to stop these medications, please call us at (505) 224-7000.

The Day Before Your Endoscopy

Please follow the clear liquid diet the day before procedure if you are taking a GLP-1 for weight loss or diabetes. Examples of GLP-1 medications include: **Ozempic (Semaglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Mounjaro (Tirzepatide), Zepbound (Tirzepatide), Bydureon (Exanetide), Tanzeum (Albiglutide).**

Avoid Red, Orange, and Purple liquids.

- Water
- Clear broth soups. Do not drink broth after midnight.
- Herbal/black tea, or coffee (no cream or non-dairy creamer)
- Watered down (diluted/from concentrate) clear fruit juices (no pulp) including apple juice or white grape juice
- Clear soda or Gatorade
- Gelatin (without added fruit or toppings)
- Popsicles (no fruit or fruit pulp)
- Strained limeade or lemonade
- No alcohol, wine or beer

The Night Before Your Endoscopy

DO NOT EAT AFTER MIDNIGHT.

- You may have clear liquids up until 4 hours prior to your procedure time.
- If you develop a cold, fever, cough, sore throat or chest pain before your appointment, please notify our office.

The Day Of Your Endoscopy

- **DO NOT EAT ANY SOLID FOODS.** Small amount of water/clear liquids may be consumed up to 4 hours prior to your procedure time.
- By 6 a.m. the day of your procedure, please take your blood pressure, cardiac and seizure medications.
- **DO NOT** chew on gum, eat hard candy, or use cannabis the day of your procedure.

Call our office at **(505) 224-7000** during business and after hours if you wish to cancel your procedure. We require that you contact us at least **72 hours** before your scheduled test if you wish to cancel.