

Important Information for your Upper Endoscopy

Please read carefully

**If you vary from these instructions in any way,
your procedure will be delayed or cancelled.**

You may have **NOTHING** by mouth after midnight the night before your procedure. This includes gum and candy.

You may have **NO** tobacco products or marijuana the day of your procedure. Please do not consume alcoholic beverages **24** hours before your exam.

Two weeks before a procedure: Stop taking any herbal products.

One week before your procedure: TAKE NO ASPIRIN. Read all “over the counter” labels and take no medications that contains aspirin. Take no Ibuprofen (Advil, Aleve, etc.), no BC or Goody’s Powders, no arthritis medications or anti-inflammatory medications. You may take Tylenol. Do not take Vitamin E, Iron, multi vitamins or fish oil. All of these medications have a blood thinning effect and could cause unnecessary bleeding. Your doctor will advise you to stop Plavix, Coumadin, Pradaxa, Xarelto, or Eliquis 1, 2, 3, 4, or 5 days before the procedure. Avoid nuts and seeds.

The morning of the procedure: If you take heart medications, breathing medications, blood pressure medications or seizure medications, you must take it at least 4 hours prior to your procedure with a sip of water. If you have any doubt about whether you should take your medications prior to your procedure, simply bring them with you.

If you are diabetic, read and follow the special diabetic instructions.

Wear comfortable clothes that are easy to remove. Jewelry should be left at home with exception of wedding bands. Remove any tongue, lip, nose and cheek piercings prior to the procedure.

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