

Pre-procedure Instructions | Upper Endoscopy

Plymouth General Surgery 603.536.5670

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YOUR PROCEDURE HAS BEEN SCHEDULED FOR: _____

Your procedure WILL BE CANCELLED if you do not follow the pre-procedure instructions.

Do not consume solid food after midnight, but you may have clear liquids up to 5 hours prior to your arrival time.

Your provider has recommended an **upper endoscopy**. During this procedure, a flexible instrument is used to visualize the entire esophagus, stomach and duodenum.

Sedation will be given through an IV to make you sleepy and as comfortable as possible. For this reason, the procedure is performed in a special endoscopy room where an anesthesia provider throughout the procedure can monitor you. The physician will relay information regarding what was seen.

You will receive a call the day before your procedure between 3-4pm with your arrival time. A nurse will be calling you to review your medical and surgical history over the phone before your procedure.

ON THE DAY OF YOUR PROCEDURE:

- Please report to OUTPATIENT REGISTRATION at the main entrance of the hospital (not the emergency room entrance).
- Once registered, you will be directed to SURGICAL SERVICES where you will be prepared for your procedure.

YOU MUST HAVE A RESPONSIBLE DRIVER TAKE YOU HOME AFTER THE PROCEDURE.

Due to the effects of the anesthesia, we ask that you have someone present to care for you for 24 hours.

NO TAXIS OR HIRED RIDES

No gum chewing, hard candies, lozenges, etc the day of your procedure

CLEAR LIQUID DIET

WATER

Tea and black coffee **WITHOUT** any milk, or lightener

Flavored water, Italian Ice

Clear, light colored juices such as apple, white grape, white cranberry

Clear broth including chicken, beef, or vegetable (bouillon cubes are best, **nothing with any fibers** in it)

Soda, Sports drinks such as Gatorade and Propel

Popsicles **WITHOUT** fruit or cream, Jell-O or other gelatin **WITHOUT** fruit