

# Upper Endoscopy Prep

Your physician has recommended an Upper Endoscopy procedure at MDTEC.

If you are diabetic or take blood thinners or have had major health changes within the last 12 months, you must discuss medications and medical clearances with the Pre-Op Nurse 410-224-3636 ext. 496. If you are unable to reach her, please speak with someone from the front office staff, 410-224-3636.

## Procedure Time Line

### 2 Weeks (14 days) Before Your Procedure:

**Discontinue Phentermine or any medication containing Phentermine**, such as: Qysimia, Qnexa, Adipex-P, Suprenze, Fastin, Phentercot

### 1 week (7 days) Before Your Procedure:

**Discontinue the following prescriptions and over the counter medications:** Iron Supplements, vitamins, minerals, herbal supplements and fiber supplements (e.g. Metamucil, Citrucel, Fibercon, etc)

*Note: Continue taking **BLOOD PRESSURE** medications; including the day of your procedure. Bring a list of your medications and your blood pressure medicine the day of your procedure.*

### 3 Days Before Your Procedure: (Unless otherwise instructed)

**Stop blood thinners** (e.g. Plavix, Coumadin, Pradaxa, Xarelto, and Eliquis)

**Stop using all aspirin and aspirin products** (Ibuprofen, Advil, Motrin, Naproxen, Aleve, Celebrex.) You may take Tylenol as needed.

### The Day Before your Procedure:

**Stop all Aminosalicylates** (Colazal, Asacol, Canasa, Rowasa, Dipentume, Azulfidine, etc.)

**Do not have anything to eat after midnight** (12am)

### The Day of Your Procedure

You are not allowed to eat anything after midnight and may only have water up until 4 hours prior to your procedure. No chewing gum, throat lozenges, candy or mints either. **EXCEPTION:** You should continue taking blood pressure medication, acid reflux medication or other approved medications with the least amount of water possible.

## **Reminders:**

You must have a driver to take you home after your procedure. A taxi or shuttle service is not approved without a family member or friend. Public transportation or walking is not allowed. If you do not arrive with a caretaker, your procedure will be rescheduled and you may be charged a \$100 rescheduling fee.

**If you have any questions about your prep,**  
**please call 410-224-3636 ext. 496.**