



Advanced Gastroenterology & Hepatology Associates

Muhammad Sheikh, MD

Jayanta Choudhury, MD

Mandeep Singh, MD

Procedure at Herndon Surgery Center

Upper Endoscopy Instructions

Things to Remember:

- Please wear comfortable clothing
- Do not wear jewelry or bring any valuables or money
- You can anticipate spending an average of 2.5 to 4 hours within the department
- Please bring your ID, insurance card, and/or information on the day of procedure
- You MUST have someone who will be available to provide transportation for you on your procedure day. A taxi, bus, or Uber does not apply (unless arranged in advance with the Endoscopy Department). Failure to have transportation arrangements could result in cancellation of your procedure.

Seven Days Before:

- Stop taking aspirin or aspirin-containing medications unless instructed otherwise. Low-dose aspirin (81 mg) is okay to continue until the day before the procedure.
- Stop taking iron supplements. Iron in multivitamins is okay to continue until the day of the procedure.

Three Days Before:

- Stop taking non-steroidal anti-inflammatory medications (NSAIDs) such as Advil, Motrin, Ibuprofen, Aleve, Celebrex, or Naproxen. Tylenol (acetaminophen) products are okay to take prior to procedure.
- Avoid eating food with seeds or kernels such as cucumbers, squash, watermelon, and corn until after your procedure

Blood-Thinning Medications: If you are taking any of the following medications - Coumadin (Warfarin), Heparin, Lovenox, Plavix, Pradaxa or Effiant, consult your PCP, cardiologist, or Coumadin Clinic Pharmacist prior to your procedure. We require instructions from your doctor if these medications need to be stopped prior to your procedure and for how long you need to be off of them.

Diabetic Patients: Please discuss any adjustment of your medication with your Primary Care Physician. If you take your diabetic medications while not consuming enough calories, your blood sugar may drop to dangerously low levels. Please hold your diabetic medications/insulin injections the morning of your procedure.

Other Medications: Please continue to take all of your prescription medications as prescribed, unless you are given specific instructions by a healthcare provider to stop a certain medication before your procedure. This includes medications for blood pressure/heart/hypertension, asthma, acid reflux, psychiatric, depression, pain, and thyroid, as well as many others. You may also take these medications the day of the procedure with a small sip of water only. Hold all vitamin/mineral supplements on the day of the procedure. You may resume them that evening or the next day.

Day of Exam:

- DO NOT EAT ANYTHING 8 HOURS PRIOR TO PROCEDURE OR DRINK ANYTHING 2 HOURS PRIOR TO YOUR PROCEDURE
- Take all prescribed medications with a very small sip of water no later than 4 hours before your exam. DO NOT TAKE any medications such as Maalox, Mylanta, Carafate or Metamucil on the morning of your exam as they will coat your stomach.
- For the test, you may have your throat numbed with an anesthetic spray which may last for 1-2 hours. Do not drink or eat anything after the procedure until the numbness wears off completely. Food or liquids you swallow before the numbness wears off can go down the windpipe instead of the food pipe (aspiration). It is especially important to avoid hot foods (like coffee) until the numbness is completely gone as you can burn your mouth or throat without realizing it.
- Please bring a list of your current medications with you on the day of your procedure.

Post Procedure:

- You will be transferred to the recovery room area for about 30 minutes to 1 hour.
- At this time, you and your ride will be given discharge instructions and taken by wheelchair to your car with the person who has accompanied you.
- You will be notified of your biopsy results within 2-3 weeks by our office.

****Failure to follow the instructions could result in cancellation of your procedure.****