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INSTRUCTIONS FOR UPPER GI ENDOSCOPY

**** The appointment time is subject to change based on the facility's schedule.**

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY

MANDATORY SAFETY REQUIREMENTS

- Driver: You must have a responsible adult (18+) to drive you home. No Uber, Lyft, or Taxis.
- Work: Plan to take the entire day off.
- Personal: Do not bring children. Leave jewelry and valuables at home.

MEDICATION GUIDELINES

Note: Please notify us if you begin taking a new blood thinner, start a new diabetes medication/injection, or are hospitalized before your procedure.

Timeline	Medication Category	Action
14 Days Before	PPIs Omeprazole (Prilosec), Lansoprazole (Prevacid), Esomeprazole (Nexium), Pantoprazole (Protonix), or Rabeprazole (Aciphex)	STOP
7 Days Before	GLP-1s Semaglutide (Ozempic), Dulaglutide (Trulicity), Exenatide (Bydureon), Tirzepatide (Mounjaro), or Rybelsus	STOP
7 Days Before	Blood Thinners	Please contact your doctor for specific instructions.
Procedure Day	Heart & Blood Pressure Meds	TAKE with a small sip of water

DIET & TIMELINE

THE NIGHT BEFORE:

If your procedure is in the MORNING: Stop eating all solid foods and non-clear liquids at MIDNIGHT.

If your procedure is in the AFTERNOON: Stop eating all solid foods or thick drinks (smoothies/milk) 8 hours before your procedure.

PROCEDURE DAY:

Clear Liquid Diet only: You may have water, black coffee/tea (no milk), clear broth, apple juice, white grape juice, Gatorade, Jello, or popsicles. Do not consume anything with red or purple dyes. Avoid all solid foods, alcohol, milk, or orange juice.

DEADLINE: STOP all liquids (including water) 2 hours before your registration time. Nothing by mouth after this time.

WHAT TO EXPECT

- The procedure takes approximately 20–45 minutes. You will remain in the recovery area for about 30 minutes. You will be at the facility for 2–3 hours total.
- Please bring your daily medications or an updated medication list with you.

SPECIAL INSTRUCTIONS FOR BRAVO PATIENTS ONLY

- You must return the Bravo receiver/recorder to the surgery center 48 to 72 hours after your procedure. Your data cannot be processed without it.
- Do NOT have an MRI for 30 days after this procedure. The capsule must pass through your system naturally first.

CONTACT & CANCELLATION

Questions? Call (408) 430-1688 or Text (408) 872-9001.

Cancellation Policy: You must provide 7 days' notice to avoid a \$200.00 fee.