



Upper Endoscopy Instructions

****READ ALL INSTRUCTIONS BEFORE STARTING****

Foods - Have nothing to eat after midnight. You can drink water but you must stop at least 3 hours prior to your arrival time. Do not chew gum or tobacco.

Medications - If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication. Take all other morning medication with a small sip of water at least 3 hours prior to your arrival time.

Transportation - Bring someone with you that can safely drive you home. No Taxi's, Uber or Public Transportation allowed.

Cancel or Reschedule – Please let us know at least 3 business days prior to your appointment if you need to cancel or reschedule to avoid a late notice fee.

Smoking (cigarette, cigar, pipe, marijuana, vapor, chew tobacco)
Nicotine Patch OK to use: Please do not smoke, on the date of the procedure, until after your procedure.

Call 210-614-1234 if you have any questions