**Marshall Gastroenterology**

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**Instructions for your upper endoscopy**

You are scheduled for an upper endoscopy. Your doctor will be using a flexible tube called an endoscope which contains light and a video camera to look at the inside of your esophagus, stomach and duodeneum. This tube will be inserted down your throat. A conscious sedative will be used for this procedure. **You can expect to be here approximately 2 hours.** If you’re unable to keep your appointment, you must cancel at least 48 hours in advance or you will be referred back to your primary care physician.

You may not drive yourself home or return to work the day of your procedure. Someone must accompany you to and from the procedure. Cab rides and public transportation are acceptable **ONLY** if accompanied by a friend/family member.

**To ensure precise procedure results, please pay close attention and follow each step carefully.**

* If you take medicine to thin your blood (heparin, plavix, coumadin, warfarin) your primary care doctor must tell you how many days before the procedure you must stop taking it. In some cases you may continue to take medication but there is a risk of bleeding.
* If you are diabetic and using insulin or are taking an oral diabetic medication, we would like you to **stop** it on the morning of your procedure.
* You **may** take your blood pressure and heart medications on the day of your procedure with a sip of water.
* Do **not** take Ibuprofen, Advil, Aleve, naprosyn, aspirin or medications containing aspirin or NSAID on the day of the procedure.
* Do **not** eat or drink anything after midnight the night before your procedure unless otherwise advised.
* Remove all jewelry and piercings prior to arriving on your procedure day.

**After the procedure**

* After the procedure you may feel a bit uncomfortable. Bloating/gas, cramping and a sore throat may occur but will improve with time. If not getting better, seek medical help.
* Your reaction time may be delayed after the procedure so do not drive, operate machinery or sign important papers for 24 hours after procedure.

**Please make sure you understand these instructions. If you have any questions please do not hesitate to call the office at *530-672-7040*, we are more than happy to help.**