

Upper Endoscopy Preparation Instructions
Terry Reilly - Dr. Sarah Staller Dr. Carson Barnes (208) 466-7869

Dear _____ DOB: _____

Your doctor has scheduled you for an upper endoscopy at:

[] St. Alphonsus – Nampa at 4300 Flamingo Ave, Nampa, ID 208-367-3655 (Central scheduling)

[] St. Luke’s – Nampa at 9850 W St Luke’s Dr, Nampa, ID 208-381-2613 (Central scheduling)

on _____ at _____.

You should arrive at the hospital 1 hour before the procedure.

In order to prepare for the test, it is necessary for you to do all of the following:

1. STOP taking aspirin, anti-inflammatories (such as ibuprofen, Motrin, Alleve, Naprosyn), and iron tablets 5 days before the test.
2. If you take other blood thinners such as Plavix (clopidogrel) or Coumadin (warfarin), call our office at 208-466-7869 to discuss how and when to stop those medicines prior to the procedure.
3. The day before your test
 - a. Do not eat any solid food or dairy products after midnight on the day prior to your procedure.
4. Schedule for the day of your test
 - a. Arrive 1 hour prior to your procedure
 - b. You may drink only clear liquids (nothing that is RED) until 4 hours prior to your procedure. You may have plain jello, strained fruit juices, soft drinks (like Sprite), popsicles, sports drinks (like gatorade), water, clear broth, coffee or tea (no cream).
5. If you are a diabetic on insulin or medications, please contact your physician to discuss medication adjustments for the day before and the day of the test.
6. Bring someone with you to the hospital to hold your valuables, and to drive you home.
7. After your procedure, you may eat whatever you like, but we recommend sticking to something “light”. Drink plenty of fluids. Avoid carbonated beverages and salads the first day after your procedure.

If you have any questions about the instructions, or if you need to cancel/reschedule your procedure, please call Terry Reilly at 208-466-7869 and ask to speak with to a nurse.