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ENDOSCOPY INSTRUCTIONS

Date _____ Time _____

Please arrive at the Emerson Hospital main entrance at _____ and go directly to the **Gastrointestinal Treatment Center** on the third floor.

Diet: Nothing to eat after midnight and nothing to drink 4 hours before your procedure. No tobacco or chewing gum after midnight the night before your procedure.

You must make prior arrangements for someone (18 or older) to drive you home if you are receiving any type of anesthesia. This person must be with you at check-in (or reachable by phone). If your driver wishes, we can either give them a call or an approximate time to pick you up if they do not wish to stay. If you take a taxi, bus, or rideshare (ex. Uber, Lyft, etc.) you must have a responsible adult to accompany you home. If you do not have a ride, your procedure will be cancelled. Expect to be at the hospital for 2-3 hours.

Important: *The single most important thing you can do to prepare for your procedure is to read and follow all of these instructions exactly. If you come in properly prepared, you will not risk the inconvenience of having to come back and repeat the test due to poor preparation.*

If you take any type of anticoagulant or anti-platelet (blood thinning) medication: please call your prescribing physician for instructions on how to take the medication prior to the procedure: i.e.- Coumadin, Aggrenox, Effient, Plavix, Pradaxa, Lovenox, Xarelto, Ticlid.

Some medications for diabetes and weight loss need to be held for 7 days prior to your procedure. Medications for diabetes include: Dulaglutide (Trulicity), Exenatide extended release (Bydureon bcise), Exenatide (Byetta), Semaglutide (Ozempic), Liraglutide (Victoza, Saxenda). Medications for weight loss include: Wegovy (Semaglutide), Liraglutide (Saxenda), Mounjaro (Tirepatide).

CONTINUE TO TAKE: All maintenance medications- heart and blood pressure, anti-anxiety and seizure, allergy, asthma and cholesterol medications.

DO NOT STOP TAKING ASPIRIN

Medication Restrictions 7 days prior to the procedure:

DO NOT TAKE:

Generic:

Ibuprofen
 Naproxen
 Diclofenac
 Meloxicam
 Piroxicam
 Indomethacin
 Oxaprozin
 Etodolac
 Nabumetone

Brand:

Advil, Motrin
 Aleve, Anaprox
 Arthrotec, Valtaren
 Mobic
 Feldene
 Indocin
 Daypro
 Lodine
 Relafen

Also avoid:

Fish oil
 Ferrous Sulfate (Iron)
 Iodine
 Alka-Seltzer

**3 WEEKS PRIOR:
 STOP QSYMIA**

Questions or problems please call us at 978-287-3835. Any calls received after hours will be directed to the on-call doctor.