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Phone: 302-645-6698 Fax: 302-645-4505

Dr. Richard F. Caruso Brianna Brancato, PA-C Sandra Yoo, PA-C Katie Hudson, FNP-C

You are scheduled at Beebe Hospital for an endoscopy on: ___/___/___ with Dr. _____

Beebe Medical Center is located on 424 Savannah Road, Lewes, DE 19958 (parking garage entrance) for same day surgery.

Beebe will call you to schedule a covid test and any labs or testing that need to be done prior to your procedure. Beebe will also call you the day before your procedure between 1pm and 4pm to give you your arrival time.

If you need a clearance, permission to stop certain medications or other testing prior to the procedure, the office scheduler will request such clearance. Please make sure to follow up with any physicians we are requesting clearance from.

Instructions for Your Upper Endoscopy

It is important for you **to follow all the instructions in this guide**. If you do not, your procedure may be delayed or scheduled for another time. If you have questions after you read this or are not sure how to prepare for your upper endoscopy, please call our office directly at (302) 645-6698.

- It is important to **NOT USE** alcohol, marijuana, medical marijuana, narcotics, pain medications (prescribed or otherwise), and any form of illicit drugs (prescribed or otherwise) the day before and the day of the procedure
- It is important to **NOT USE** Methadone the day of the procedure, unless you have received specific approval from your physician
- It is important to **NOT USE** tobacco products the day of the procedure
*** **If you do not avoid these items, then your procedure will be cancelled.** ***
- You must have a responsible adult over 18 years to drive you home after your procedure.

Eating and Drinking Instructions

The day before your procedure

- There are no restrictions for eating or drinking: you may eat and drink per your usual routine
- Do not smoke marijuana (recreational or medical) within 24 hours of your procedure
- **Stop eating and drinking at midnight.** Only medications you have been instructed to take should be taken after midnight

The day of your procedure

- Do not eat or drink anything except any medications you were instructed to take. These medications should be taken with a sip of water at least 4 hours prior to your arrival to the center
- **Do not have candy, gum, mints, water, ice, or anything by mouth**
- Do not smoke cigarettes or use any tobacco products
- If you use inhalers, take your usual morning dose, and bring the inhalers with you.
- Bring a list of medications, picture ID, and insurance cards.
- Bring a copy of your living will if you have one.
- Bring reading glasses if you need them.
- Take a shower the morning of the procedure. You may wear deodorant. Do not apply lotion or powder to your chest area. Bring a pair of warm socks for your feet.

Special Instructions for Certain Medications

DIABETIC MEDICATIONS: If you have diabetes and take oral medication, take your regular dose in the morning the day before your procedure. If you take medication in the evening, take half of the normal dose. Do **not** take any diabetic medication the day of the procedure. If you are diabetic and take insulin or use an insulin pump, follow your physician’s specific directions.

BLOOD THINNING MEDICATIONS: Blood-thinning medications affect clotting and bleeding. Both the health care provider who manages these medications and the provider doing your procedure will need to decide if your medications need to change or be held prior to the procedure. Some common medications are listed in a table below. If you take one of these medications, be sure to check with our office regarding when to stop these medications.

Typically held for 2 days

Pradaxa (dabigatran)	Xarelto (rivaroxaban)	Eliquis (apixaban)	Lovenox (enoxaparin)
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Typically held for 5 days

Aspirin	Multivitamins	Vitamin E	Fish Oil	Ecotrin	Glucosamine
Aleve (naproxen)	NSAIDs (anti-inflammatory)	Motrin, Advil, ibuprofen	Celebrex	Heparin	Coumadin (Warfarin)
Plavix (clopidogrel)	Effient (prasugrel)	Pletal (cilostazol)	Ticlid (ticlopidine)	Brillinta (ticagrelor)	

WEIGHT LOSS MEDICATIONS (ie phentermine): Any weight loss medication (prescribed or over the counter) must be stopped 2 weeks prior to your procedure. Please call our office if you need to reschedule your procedure.