

MaineGeneral Gastroenterology

Preparation for Upper Endoscopy

Please read all instructions thoroughly.

Do these things seven days before your procedure:

- Arrange a ride. You will be given medicine that makes you relax and be sleepy. **You cannot drive until the day after your procedure. If you arrive without a driver, your procedure will be rescheduled.**
- If you are taking blood thinners, please call 861-6500 option 3.
- **Do not stop your aspirin regimen unless our office tells you to stop.**

Do these things five days before your procedure:

- Confirm your ride.
- If you need to cancel your appointment, call 861-6500 option 2.

Do these things one day before the procedure:

- You may eat a normal diet.

Appointment Date: _____

Arrival Time: _____

Appointment Time: _____

Procedure Location:

**MaineGeneral Endoscopy
Thayer Center for Health
149 North Street
Waterville**

Do these things on the day of the procedure:

- Begin a clear liquid diet starting at midnight. If you put liquid in a clear glass and can see through it, it is okay to drink.

A clear liquid can include:

- ◆ Apple, white grape and cranberry juices.
- ◆ Beef or chicken broths that are clear.
- ◆ Tea and coffee without milk.
- ◆ Clear sodas, Gatorade and various JELL-O flavors (any color except red or orange).
- **If you are diabetic**, see reverse side of this form for instructions.
- You may have clear liquids until three hours before the procedure.
- Take your heart and blood pressure medications with a sip of water.
- Bring a list of medications with you to your procedure.
- No gum or hard candy four hours before the procedure.
- Arrive one hour before your appointment time.

Guidelines for patients with diabetes on back

If you have problems with this preparation, call 861-6500 and choose option 3. If you call after hours, you will reach the answering service staff who will advise you.

Guidelines for Patients with Diabetes

Please use regular clear liquids, **not** diet clear liquids. Examples: regular ginger ale and regular JELL-O.

Drink plenty of clear liquids that contain sugar.

- Avoid caffeinated drinks. They can cause dehydration.
- Check your blood glucose (sugar) at least every 2 to 4 hours and record the results.
- Stop drinking clear liquids three hours before your procedure and check your blood sugar. If it is low, call 861-6500. (If before 8:30 a.m. or after 4:30 p.m., the answering service will page the doctor on call.)

If you use long-acting insulin:

- Take your long-acting insulin as prescribed. These include LANTUS®, Levemir® or your insulin pump.

If you use short- or medium-acting insulin:

- Cut back to half the usual dose the day before your procedure.

If you take oral agents (pills):

- Take your pills as directed the day before your test.
- On the day of your test, do not take your pills until **after** your procedure.