



DIABLO DIGESTIVE CARE

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Upper Endoscopy Instructions

Procedure Date: _____ Procedure Time: _____ Arrival Time: _____

You will need someone to drive you to the facility as you will not be permitted to drive home. Your stay will most likely be 1-2 hours from the time you arrive. Bring your insurance cards and photo ID with you.

If you are taking Coumadin (warfarin) or any anticoagulants (blood thinners), inform Dr. Chahal and/or ask the prescribing physician if you can safely stop taking it 5-7 days before the endoscopy.

Do not take aspirin (Excedrin, Ecotrin, Bayer, etc) for 7 days before the endoscopy. Do not take any anti-inflammatory pain medication like Ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn) for 48 hours before the endoscopy.

Tylenol (acetaminophen) is ok.

Have nothing by mouth, including water 8 hours prior to your procedure.

You **MUST** have someone drive you home after your procedure. No facility will allow a procedure to be performed without an identifiable escort available.

- Please call center directly for directions
- Most centers require you to arrive 1-1.5 hours prior to your procedure time.
- Cancellation within 48 hours of scheduled procedure may result in

cancellation fee.