

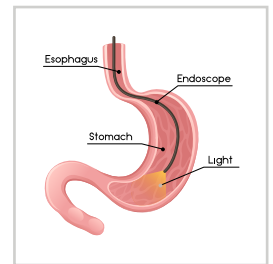
Upper Endoscopy Procedure

Screening Saves Lives

An upper endoscopy procedure visually examines your upper digestive system. It is used to diagnose and sometimes treat conditions that affect the upper part of the digestive system.

Your gastroenterologist may use this procedure to:

- Investigate symptoms you are experiencing
- Diagnose a condition by collecting tissue samples (biopsy) or detect some cancers
- Treat digestive health problems such as remove a polyp, stop bleeding or widen a narrow esophagus



Preparing For Your Exam: What to Bring

- A family member or friend (18 or older) to drive you home. You may take a cab, medical transport or bus only if a family member or friend is riding with you after your visit.
- All medications you take, even over the counter medications
- Any vitamins and supplements you take
- Your insurance card

Medications

You may take your prescription medications with sips of water **up to 6 hours before** your upper endoscopy (except for those medications your physician has instructed you to stop).

Upper Endoscopy Prep

The Day Before Your Procedure

- You may have a regular diet the day before your upper endoscopy.
- You may take your prescription medications the day before your procedure (except for those medications your physician has instructed you to stop).
- **NO ALCOHOL** the day before your upper endoscopy.
- **Do not eat anything after midnight.**

Upper Endoscopy Prep

SPECIAL CONDITIONS

- **Diabetes:** Check with your physician regarding which medications you may take the day before and the morning of your procedure. In general, it is advised to stop any oral diabetes medications and insulin the morning of your procedure. Bring all diabetes medications with you to take after the procedure is over, when you have resumed a regular diet. Your blood sugar will be checked the day of the procedure.
- **Blood Thinners:** Ask your physician about how to take aspirin, Plavix (clopidogrel), Coumadin (warfarin), Lovenox, heparin or any other blood thinners before and after the procedure.

The Day of Your Procedure

Arrive for your exam at the time given to you by our healthcare team. The time your exam starts may change.

- **Do not drink anything 6 hours prior to your upper endoscopy.**
- You may take your prescription medications the day before your procedure (except for those medications your physician has instructed you to stop).
- Arrive at the hospital front desk **60 minutes prior** to your scheduled procedure time for registration.
- Plan to be at the hospital for 2 to 4 hours.
- Wear comfortable, loose-fitting clothing that is easy to remove and put on, and comfortable shoes. **Do not wear jewelry, and do not bring valuables.**

■ UChicago Medicine AdventHealth Locations

500 Remington Boulevard, Bolingbrook, IL 60440 **630-312-5000**

701 Winthrop Avenue, Glendale Heights, IL 60139 **630-545-8000**

120 North Oak Street, Hinsdale, IL 60521 **630-856-9000**

5101 Willow Springs Road, La Grange, IL 60525 **708-245-9000**

After Your Procedure

- You may resume a regular diet, unless otherwise instructed by your physician.
- Your physician will discuss the results of your procedure with you in the recovery area once you are fully awake.

If you have any questions, please call the office at: **630-312-2590**.

For questions you may have after hours please call the same number and select the option to page the physician on-call. **A physician is on-call 24 hours a day 7 days a week to answer any questions or concerns you have.**

