



Midwest Gastrointestinal Associates PC

Tyron A. Alli, MD
Alexander B. Bernal, MD
John J. Cannella III, MD
Jason J. Cisler, MD
Rohtashav Dhir, MD
Rebecca A. Ehlers, MD
Derrick D. Eichele, MD
Helen Fasanya-Uptagraft, MD
Benjamin S. Hall, MD

Kimberly S. Harmon, MD
Jordan D. Holmes, MD
Grant F. Hutchins, MD
Deepti A. Jacob, MD
William C. Livingston, DO
Thomas R. McGinn, MD
Matthew M. McMahon, MD
Sheeva K. Parbhu, MD

Trevor J. Pearson, MD
Thoetchai "Bee" Peeraphadit, MD
Rajani Rangray, MD
Kyle D. Rose, DO
Michael E. Schafer, MD
Marc A. Scheer, DO
Aun Shah, MD
Brian W. Ward, MD

OMAHA | COUNCIL BLUFFS | FREMONT
402.397.7057 midwestgi.com

8901 Indian Hills Drive, Suite 200, Omaha, NE 68114

Procedure Instructions - Upper Endoscopy

Procedure Details:

Procedure Date: _____
Procedure Check-in Time: _____
Procedure Time: _____
Procedure Location: _____
Scheduled with Provider: _____

☒ **Review these instructions as soon as you receive them to avoid cancellation**

Contact our Office Immediately at 402-397-7057 if any of these apply:

-  You start a blood thinner
-  You begin any new medication
-  You have any changes in your health status or any recent surgeries not reported
-  You start a diabetic or weight-loss medication
-  You develop COVID-19 or upper respiratory symptoms
-  You need to reschedule or cancel your appointment

Medications

 **Your medicine instructions are very important for your safety. To avoid cancellation of your procedure, please follow medication instructions carefully.** 

- ☒ Read, understand, and follow any medications instructions specifically provided to you to hold during the scheduling process
- ☒ Do NOT stop aspirin unless told by your doctor

Preparing for Your Procedure

7 Days Before Your Procedure

-  Stop herbal supplements, curcumin and turmeric - 7 days prior to scheduled procedure

Day Before Your Procedure

Upon Awakening

-  Start a clear liquid diet (water, apple juice, broth, tea, Gatorade, coffee without cream)
-  **ABSOLUTELY NO food, alcohol, recreational drug use**

Day Of Your Procedure

-  Take your morning meds before 6 am with a sip of water
-  **NOTHING to eat or drink after midnight**
-  **ABSOLUTELY NO food, alcohol, recreational drug use, chewing gum, hard candies**
-  **ABSOLUTELY NO chewing/smokeless tobacco products**

!! Important: Your Procedure Will Be Cancelled...

- If you eat ANY food starting the day before your procedure until your procedure has been performed
- If you drink ANYTHING other than clear liquids (ex listed above) when instructed okay to drink
- If you drink ANYTHING within 6 hours of your procedure
- If your medications are not stopped as instructed (including diabetic, weight loss & blood thinners)
- If a new health condition is discovered that makes the procedure unsafe

You MUST Have a Responsible Driver

- A responsible adult with a valid driver's license must take you home after your procedure
- Best option: Have this person drive you to your appointment, stay during your procedure, and take responsibility when you leave
- If your driver is not present at check-in, you will need to confirm their identity
- If staff cannot verify your driver, your procedure will be cancelled

Important:

- Public transportation or ride shares (Uber, Lyft, etc.) are NOT allowed unless you are accompanied by a responsible adult
- If your procedure is at a hospital, you may be required to have someone stay with you for 24 hours after your procedure (hospital policy)

What to Bring to your Procedure:

- Complete the "Update Your Information" tab on the patient portal prior to your visit
- List of all your medications with the dosages
- Medical provider's full name which you want to receive a copy of your procedure report

- Responsible adult to drive you home (NO EXCEPTIONS) - If no responsible adult driver, your procedure will be cancelled
- Insurance card(s)
- Photo ID

What to Wear to Your Procedure:

- Wear comfortable, loose-fitting clothing
- Wear flat or tennis shoes
- Leave jewelry and valuables at home

Following Your Upper Endoscopy

- Drink 8 ounces of liquid 6 times before retiring for the night
- Do NOT drive, operate machinery, return to work or make important decisions for the remainder of the day
- You may resume normal activities the next day unless your provider states otherwise

Frequently Asked Questions:

- Q: Does my driver have to stay with me during the procedure?
- A: Of your driver does not wish to remain in the lobby, a contact number can be given to the nursing staff. These arrangements must be made during the check-in process, or your procedure will be cancelled. Typically, the driver can return two hours after they drop you off or they can be called prior to your dismissal time. Public transportation can only be used if you are accompanied by a responsible adult.

Can I eat after my procedure?

- Usually you may resume your normal diet unless otherwise instructed.

Will I be asleep for my procedure?

- Yes, sedation will be provided to keep you comfortable throughout your procedure(s).

Additional Notes:
