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ENDOSCOPY INSTRUCTIONS

Date _____ Time _____

Please arrive at the Endo Center at 310 Baker Ave, suite 175A at _____.

Please call 978-776-1710 when you arrive

Diet: Nothing to eat after midnight and nothing to drink 4 hours before your procedure. No tobacco or chewing gum after midnight the night before your procedure.

You must make prior arrangements for someone (18 or older) to drive you home if you are receiving any type of anesthesia. This person must be with you at check-in (or reachable by phone). If your driver wishes, we can either give them a call or an approximate time to pick you up if they do not wish to stay. If you take a taxi, bus, or rideshare (ex. Uber, Lyft, etc.) you must have a responsible adult to accompany you home. If you do not have a ride, your procedure will be cancelled. Expect to be at the Endo Center for 2-3 hours. If you cancel twice without sufficient notice (48hrs), any subsequent procedures will be scheduled at Emerson Hospital.

Important: *The single most important thing you can do to prepare for your procedure is to read and follow all of these instructions exactly. If you come in properly prepared, you will not risk the inconvenience of having to come back and repeat the test due to poor preparation.*

If you take any type of anticoagulant or anti-platelet (blood thinning) medication: please call your prescribing physician for instructions on how to take the medication prior to the procedure: i.e.- Coumadin, Aggrenox, Effient, Plavix, Pradaxa, Lovenox, Xarelto, Ticlid.

Some medications for **diabetes** and **weight loss** need to be **held for 7 days prior** to your procedure. Medications for diabetes include: Dulaglutide (Trulicity), Exenatide extended release (Bydureon bcise), Exenatide (Byetta), Semaglutide (Ozempic), Liraglutide (Victoza, Saxenda). Medications for weight loss include: Wegovy (Semaglutide), Liraglutide (Saxenda), Mounjaro (Tirepatide), and Phentermine.

CONTINUE TO TAKE: All maintenance medications- heart and blood pressure, anti-anxiety and seizure, allergy, asthma and cholesterol medications.

DO NOT STOP TAKING ASPIRIN

Medication Restrictions 7 days prior to the procedure:

DO NOT TAKE:

Generic:

Brand:

Also avoid:

Ibuprofen

Advil, Motrin

Fish oil

Naproxen

Aleve, Anaprox

Ferrous Sulfate (Iron)

Diclofenac

Arthrotec, Valtaren

Iodine

Meloxicam

Mobic

Alka-Seltzer

Piroxicam

Feldene

Indomethacin

Indocin

3 WEEKS PRIOR:

Oxaprozin

Daypro

STOP QSYMIA

Etodolac

Lodine

Nabumetone

Relafen

Questions or problems please call us at 978-287-3835. Any calls received after hours will be directed to the on-call doctor.