



**VERMONT**  
GASTROENTEROLOGY



Green Mountain  
Surgery Center

593 Hercules Drive  
Colchester, VT 05446  
802-488-5350

## UPPER ENDOSCOPY PREP INSTRUCTIONS

### Planning for Your Upper Endoscopy

Please take a moment to read through all information as soon as you receive it. You can check off each item as it is completed.

- Your procedure is scheduled at **Green Mountain Surgery Center**. Please arrive **45 minutes before** your scheduled appointment time.
- Please bring your insurance card and photo ID to your appointment.
- You will need someone to drive you home after the procedure, due to the sedation you will receive.
- If you take any blood thinners (*ex: coumadin, warfarin, Eliquis, Xarelto, etc...*) or anti-platelet medications (*ex: Plavix, Brilinta, etc...*) call us to let us know as soon as you read these instructions.

### PREPARATION INSTRUCTIONS

- **5 DAYS PRIOR TO PROCEDURE:** IF you are having the procedure due to any difficulty with swallowing then you must avoid all NSAIDS (Ibuprofen, Motrin, Advil, Meloxicam, etc.) for 5 days prior to the procedure. See above for blood thinner instructions.
- **DAY BEFORE PROCEDURE:** Eat a light dinner. **DO NOT EAT ANY SOLID FOOD AFTER MIDNIGHT!** You may continue to drink clear liquids (water, clear strained juice, clear broth, soda, sports drinks, black coffee, Jell-O, popsicles, etc.). **AVOID** milk, milk products, anything you can't see through, and any item with red or purple dye.
- **DAY OF PROCEDURE:** You may have clear liquids until **2 HOURS BEFORE YOUR ARRIVAL TIME**, then nothing by mouth until after the procedure.

If you are unable to keep this appointment or you have any non-urgent prep questions, please call:  
Green Mountain Surgery Center at 802-488-5350 Option 1.