

Upper Endoscopy Prep Instructions

Location: ☐ **Wantagh Office** ☐ **Meadowbrook Endoscopy Center** ☐ **Other**
 1488 Wantagh Avenue 865 Merrick Avenue, Suite 150N
 Wantagh, NY 11793 Westbury, NY 11590

Procedure Date: _____ Time: _____ *Be flexible. Time may change.

Follow-Up Appointment Date: _____ Time: _____ Virtual or 2155

1. 7 days before the procedure

- No aspirin, ibuprofen products, vitamin E, multi-vitamin, fish oil
- Tylenol products are allowed
- Take all other medications as prescribed, unless instructed otherwise by the physician.
- Do not consume nuts, beans, seeds or corn
- Discontinue Trulicity, Wegovy, Ozempic, Zepbound, Semaglutide, Saxenda, Tirzepatide and Rybelsus at least **7-8 days** before the procedure

2. 1 day before the procedure

- You may eat your normal breakfast and lunch
- At **5pm** the evening before your procedure, you will have a light dinner. **Do not eat any green leafy salads or vegetables**
- Drink plenty of fluids throughout the day to keep you well-hydrated
- After dinner, from **6pm – 12 midnight**, you may only have fluids
- **Nothing to eat or drink after midnight (this includes water)**

3. Day of procedure

- Upon awakening, take your blood pressure medicine (if applicable) with a sip of water
- No gum or hard candy
- Bring your **medication reconciliation** sheet or a list of your medication, including dosage, with you
- Bring your **insurance card and photo ID**
- All females under the age of 50 will be asked to provide a urine sample prior to the procedure
- **An adult must drive you home from your procedure.** You are not allowed to use an Uber or drive yourself that day.

Due to our inability to fill surgical spots with short notice, cancellations within 48 hours of their scheduled time may be subject to a \$150 cancellation fee.