

## Preparing for your Upper GI Endoscopy Procedure with UVA Digestive Health

*Upper Endoscopy includes procedures: Routine upper endoscopy (EGD), Endoscopic Ultrasound (EUS), and Upper Balloon Enteroscopy*

Thank you for choosing us to provide your care. Please follow these guidelines to help make for a successful experience.

- IMPORTANT:** If you take medications for diabetes or are on medications that thin your blood (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine, Eliquis and Aggrenox), please call the doctor that prescribes your medication at least two weeks before your procedure date for further instructions regarding possible medication changes for your upcoming EUS.
  - If you take a daily aspirin, continue taking your aspirin.
- Food and Drink:** DO NOT eat solid food or milk products after midnight the night before your procedure. You may have **clear** liquids, nothing red or purple, until 2 hours before you arrive for your appointment. DO NOT drink anything after that time or your procedure will be cancelled.
- You MUST have a driver on the day of your procedure:** You will receive anesthesia medications on the day of your procedure, you must have a responsible adult 18 years or older who can drive you home. For your safety, UVA Health recommends that this person stay with you for several hours after your procedure. You may not drive for 24 hours after your procedure.
- Visitors:** Please find the most up to date visitor information on the UVAHealth website <https://uvahealth.com/patients-visitors/visiting-patient>, or call us to ask if visitors are allowed at the time of your procedure (434) 924-9999.
- Medication and allergy information:** Please bring a complete list of your current medications, their doses, and any allergies you may have.
- Pacemaker or Internal Defibrillator:** Please bring your device information card with you.
- Personal belongings:** Please leave all jewelry and other valuables at home. Please do not wear contacts the day of your procedure. If you wear glasses, hearing aids, or dentures, please bring a case with you to store these items during your procedure.
- Please note that UVA performs procedures at two locations. Please confirm your location by referring to your appointment reminder letter.

We strive to provide the safest care for all of our patients. As a result, some procedures may take longer for some patients than others. Please arrive 45 minutes prior to your appointment time. We ask for your patience and that you plan to be with us at least 2 to 3 hours.

If you must cancel or reschedule your appointment, please call the UVA Endoscopy scheduling team as soon as possible at: (434) 924-9999.