



WHAT TO DO BEFORE YOU HAVE AN UPPER ENDOSCOPY

WHEN	WHAT YOU NEED TO DO	DETAILS
At least 7 days before your procedure	<ul style="list-style-type: none"> • Arrange for someone to drive you to and from your procedure (Required for sedation) • Check which medicines you may need to stop; especially if you are taking any blood thinning, diabetic, or weight loss medications (see additional instructions under <i>Endoscopy: frequently asked questions</i>) • BRAVO pH: stop reflux/antacid medicine unless indicated by your physician • BRAVO pH: You will need to return to the GI Lab 96 hours (4 days) after your procedure 	<ul style="list-style-type: none"> • The person who is escorting and driving you must stay in the building during the entire length of your procedure • Public transportation (taxis, buses, Uber/Lyft), non-medical transport, or walking home is not allowed without a chaperone • If you are taking blood thinners refer to page 2 • If you are taking diabetic or weight loss medications refer to page 3 • BRAVO pH: If you are taking antacid medications refer to page 2
1 Day before your procedure		
During the day	<ul style="list-style-type: none"> • You may eat a normal diet the day before your procedure 	
Day of your procedure		
	<ul style="list-style-type: none"> • Do NOT eat any solid food after midnight • Stop drinking clear liquids 2 hours before your check in time 	<ul style="list-style-type: none"> • Most upper endoscopies take about 20 minutes to perform. You and your driver should plan to be in our endoscopy lab for about 2 hours
	<ul style="list-style-type: none"> • You can take your morning medications with a small sip of water • Continue ALL blood pressure, asthma, and seizure medications 	<p>If you are diabetic (refer to page 3):</p> <ul style="list-style-type: none"> • Do NOT take your oral diabetic medicines or short acting insulin on the day of the procedure • Half your long acting insulin dose • Check your glucose level at home before coming to the endoscopy lab



What do I need to remember on the morning of my appointment?

- Do not wear any jewelry and do not bring valuables with you
- Bring ID, insurance card, and payment if needed. Debit and credit cards are accepted. We do not accept Care Credit, cash, or check.
- Your driver must be a responsible adult who must stay in the building during the entire length of the procedure (approx. 2 hours)

Why can't I drive myself home after the procedure?

You will be given medicine that will make you sleepy for your procedure. This medicine impacts your judgment and reflexes. And for medical and legal reasons, you may not drive yourself home after your procedure.

Who can accompany me to my appointment?

The person who is escorting and driving you must be a responsible adult over the age of 18. This can be a family member, friend, or caregiver.

Can I take a taxi, bus, or walk home by myself?

No. Public transportation (taxis, buses, Uber/Lyft), non-medical transport, or walking home is not allowed without a chaperone.

How long will the test take?

Upper endoscopy takes about 20 minutes to complete. However, please plan to spend about 2-3 hours at the endoscopy lab.

Can I drink alcoholic beverages?

Avoid drinking alcohol for several days prior to your scheduled procedure since alcohol can cause dehydration and may thin your blood.

Can I chew gum? Brush my teeth?

Wear my dentures?

Yes, you may chew gum but avoid those with soft centers or red or purple coloring. Yes, you may brush your teeth. Yes, you may wear your dentures to the endoscopy lab. However, you may be asked to remove them before the procedure.

Which medicines should I stop taking before my procedure?

- If you're having a Bravo pH study done
 - **Stop PPI medications** (Prilosec, Nexium, Prevacid, Protonix) at least 7 days prior to your procedure unless indicated by your physician
 - **Stop H2 blockers** (Pepcid, Zantac, Carafate) at least 3 days prior to your procedure

- **ALL blood thinners:** Consult with your physician who ordered the medication when it is OK to stop.

The GI Lab recommends stopping:

Plavix (Clopidogrel): 5 days Brilinta (Ticagrelor): 5 days
Eliquis (Apixaban): 2 days Xarelto (Rivaroxaban): 2 days
Lovenox: 24 hours Pradaxa (Dabigatran): 2 days
Coumadin (Warfarin): 5 days

If you are unable to stop for the recommended time listed above, please contact the GI lab.

Which medicines am I allowed to take?

- Tylenol is OK to continue taking
- You do NOT need to stop your daily aspirin 81mg, as it is safe to perform endoscopic procedures while taking aspirin
- It is safe to perform endoscopic procedures while using anti-inflammatory medicines such as ibuprofen (Motrin, Advil) and naproxen (Aleve). However, we highly recommend you try and limit their use (if possible) within 7 days before the procedure.

Which medicines should I take on the day of my upper endoscopy?

Continue to take any heart, blood pressure, asthma, anxiety, and seizure medicines on the day of your procedure. If you take blood pressure medicine you should take it on the day of your test with a small sip of water at least 3 hours before your test.



What if I take diabetes medicine?

It is important you check your blood sugar often on the day of your procedure. Since you may be on clear liquids, your blood sugar will tend to drop faster than normal. This can be avoided by including some fluids with regular sugar in your diet. If you feel like you have symptoms, treat with sugar or glucose tablets.

1 WEEK PRIOR to your procedure HOLD all GLP-1 Agonist Medications (injectable & oral):

- Examples: Semaglutide, Ozempic, Wegovy, Trulicity, Tirzepatide (Mounjaro, Zepbound), Byetta, Bydureon, Victoza, Adlyxin, Rybelsus

The DAY BEFORE your procedure:

- You may take the full dose of any oral diabetic medications
- Half of any long-acting insulin dose if scheduled only at night
- Check your blood sugar often throughout the day

On the DAY OF your procedure:

- Do not take any oral diabetic, short-acting insulin, or weight loss medications
- Half your long-acting insulin dose if scheduled during the day
- Check your blood sugar prior to leaving to your appointment

Will I need antibiotics?

If you have a prosthetic heart valve or had a previous joint replacement, the latest recommendations from the Gastrointestinal and Cardiovascular societies do not recommend the use of antibiotics for routine endoscopy regardless of prosthetic devices. If you are a patient receiving peritoneal dialysis, please ask your doctor if you should receive antibiotics before your procedure.

When will I get the results of my upper endoscopy?

You will be given verbal and written instructions immediately after your procedure. If biopsies are taken or if polyps are removed, it may take up to two (2) weeks for the pathologist to process and review these specimens. You will then receive your results either by letter or phone. Please do not call for results until after 2 weeks has passed.

Address and Locations

Loma Linda University Health offers 3 locations that you can have your procedure performed at.

Loma Linda University Medical Center

11234 Anderson Street
Loma Linda, CA 92354
GI Lab is on the Lobby Level – Suite 1405

Mountain View Surgery Center

10408 Industrial Circle
Redlands, CA 92374

Loma Linda Surgical Institute

25915 Barton Road, Ste.101
Loma Linda, CA 92354

Where do I park for procedures at the Loma Linda University Medical Center?

All Visitors can park at the P3 Parking Structure, which is on the corner of Barton Road and Campus Street.
11283 Campus Street
Loma Linda, CA 92354

I have more questions, who do I call?

For procedures scheduled at
Loma Linda Medical Center
Ph: (909) 558-4668.

For procedures scheduled at
Mountain View Surgery Center
Ph: (909) 796-7803.

For procedures scheduled at
Loma Linda Surgical Institute
Ph: (909) 551-3940.







Clear Liquid Diet Instructions

You have been scheduled to have a procedure where a clear liquid diet might be indicated.

A clear liquid diet is often used before tests, procedures or surgeries that require no food in your stomach or intestines, such as before endoscopies. A clear liquid diet helps maintain adequate hydration, provides important electrolytes, such as sodium and potassium, and gives some energy at a time when a full diet isn't possible or recommended.

What is a Clear Liquid?

- A liquid is considered clear if you can see & read through it.
- Includes only liquids without any pulp, bits of food, or other residues.
- **Alcohol beverages are NOT considered part of a clear liquid diet.**

 These foods & drinks are OK	 These foods & drinks are NOT OK
<ul style="list-style-type: none">• Soda pop, ginger ale, and club soda• Water• Coconut Water (no pulp)• Black Coffee (no cream)• Clear Sports Drinks• Clear Fruit Juices, no pulp (apple, white grape)• Tea (no cream or milk)• Soup Broth• Honey• Jell-O (no red or purple coloring)• Popsicles (no red or purple coloring)• Gummy Bears (no red or purple coloring)	<ul style="list-style-type: none">• Breads, Grains, Quinoa, Rice, or Cereal• Soup with added ingredients like noodles, vegetables, meats, or cream• Meat products• Dairy products• Vegetables• Fruits• Milkshakes• Coffee with cream• Non-clear fruit juices (pineapple, tomato, orange, grapefruit, mango, etc.)• Milk, including substitutes like soy or nut milks• Alcoholic Drinks