



Getting Ready for Your Upper Endoscopy

A Plan Ahead Call [303-602-1926](tel:303-602-1926) if you have questions or need to schedule or change your appointment

- ✓ Your appointment is at Denver Health, Pavilion M, 723 Delaware Street, **2nd floor**. Patient/visitor parking located in basement
- ✓ You will need an adult to sign you out and take you home after your procedure; your procedure will need to be rescheduled if you don't have an adult to take you home. We must talk with your ride to verify their availability
- ✓ You can expect your visit to take about 1-1/2 to 2 hours
- ✓ Talk to your doctor if you have questions about taking your medications before your upper endoscopy
- ✓ If you use oxygen or have been told that you need to use oxygen, you **MUST** bring a full oxygen tank with you to your procedure. If you are unable to you will need to reschedule

B The day BEFORE your Upper Endoscopy



Do not eat anything solid for 8 hours before your endoscopy

- ✓ You can drink clear liquids up to 2 hours before your test
 - ✓ You may have water, bouillon, broth, soda, Kool-aid®, coffee or tea (no milk or cream), Popsicle, Jell-O, Gatorade or other similar liquids ****Do not have anything red****
- ✓ Confirm that you have someone to sign you out and take you home after the test
- ✓ If you are unable to make your appointment please call the GI Lab to reschedule

C The day of your Upper Endoscopy

- ✓ You can take your morning medications with sips of water, such as your blood pressure or seizure medications
- ✓ If you are diabetic take ½ of your usual insulin dose. Do **NOT** take oral diabetes medications.

