

Upper Endoscopy

Please Read 1 week Prior



Patient Name:

Medical Record Number:

Appointment

Date:

Arrival time:

Outpatient Procedure Center (OPPC)

710 Lawrence Expressway, Dept. 240
Santa Clara, CA 95051-5173

Please be at our office at your scheduled arrival time. If you are late, your procedure may be cancelled or rescheduled. Most patients will leave approximately 2 hours after checking in.

Please bring your member card, picture identification and payment with you.

To cancel or reschedule this visit, please call (408) 851-2750 **no later than 72 hours before** your appointment.

Leave your valuables at home

Please **DO NOT** wear jewelry or bring valuable belongings as they will be placed in a locker for the duration of your exam.

Designated Driver

A responsible adult must come with you for your procedure. A sedated procedure will not be performed without a verified driver/escort.

Medication precautions

If you are taking aspirin for your heart or stroke risk please continue it.

If you are taking **Plavix, Aggrenox, Dabigatran (Pradaxa), Eliquis, Xarelto** or any other similar blood thinner, please inform us immediately.

If you are taking Coumadin, you will need to stop it **five (5) days prior** to your exam. Once you have been scheduled, please inform the anticoagulation clinic to review your Coumadin regimen. You can contact the anticoagulation clinic at (408) 366-4323.

Stop all Nonsteroidal anti-inflammatory drugs (NSAIDs) one (1) week prior to your exam. These pain medications include ibuprofen (Motrin, Advil) and naprosyn (Aleve).

Blood pressure medications should be continued.

If you are diabetic:

- Do not take your oral diabetes pills (glypizide, glyburide, metformin) in the morning the day of the procedure.
- Do not take any short-acting insulin (Regular, Aspart, Lispro) in the morning the day of your procedure.
- You may restart your diabetic regimen after the procedure is completed.

Please review the diabetes recommendations with the provider who has been managing your blood sugars as these are general guidelines. They can provide recommendations that may be unique to your case. This is especially important for those with Type 1 diabetes or difficult to control sugar levels.

DO NOT eat after midnight the night before your procedure. You may drink clear liquids up to 3 hours before your procedure.

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This procedure involves placing a tube in your mouth and evaluating the upper part of your gastrointestinal tract (esophagus, stomach and small intestines). Biopsies may also be taken for examination in our laboratory.

Although, this procedure is usually safe, like any procedure there are potential risks. These are rare and include, but are not limited to:

- Drug reaction: It is possible that you might develop a reaction to one of the medications. This may affect your breathing, heart rate and/or blood pressure.
- Perforation of the upper gastrointestinal tract: This is a puncture of the esophagus, stomach or duodenum. If a perforation were to occur, surgery may be necessary to repair the hole.
- Bleeding: Significant bleeding may occur. This may require blood transfusions and other procedures such as surgery to stop the bleeding.
- Pneumonia: Oral secretions or stomach contents may get into the lung.
- Dental damage.
- Risk of a heart attack or stroke.
- Death

If you have any questions about the risks of this procedure, please discuss them with your doctor.