

1. These instruction sheets contain key information on how to prepare for your upper endoscopy procedure. **If you have any questions, contact the UCSF Gastroenterology office at 415-502-4444, email via MyChart or at gi@ucsf.edu, or visit <https://endo.ucsf.edu>.**
2. Please read and follow all instructions provided by the UCSF Gastroenterology Clinic at least 7 days in advance. Do not follow instructions from other sources, including your prescription unless specifically designated by the ordering doctor.
3. Please be aware that all patients need a ride home following the procedure. No driving or important decisions should be made during the rest of the day.
4. If you plan to cancel your procedure, please notify us 7 days in advance.

**Before your procedure, adjust your medication as follows,
unless otherwise directed by your providers:**

STOP		OK TO TAKE
<p>7 days before:</p> <ul style="list-style-type: none"> ○ Prasugrel (Effient®) 	<p>4 days before:</p> <ul style="list-style-type: none"> ○ Warfarin (Coumadin®) 	<ul style="list-style-type: none"> ○ Blood pressure and heart medications ○ Inhalers ○ Diabetes medications ○ Aspirin
<p>5 days before:</p> <ul style="list-style-type: none"> ○ Clopidogrel (Plavix®) or Ticagrelor (Brilinta®) ○ Ibuprofen (Motrin®, Advil®) or Naproxen (Aleve®, Anaprox®, Naprelan®, Naprosyn®) ○ Iron containing tablets or bismuth containing medications (Pepto Bismol®) 	<p>1 day before:</p> <ul style="list-style-type: none"> ○ Apixaban (Eliquis®), Rivaroxaban (Xarelto®), Dabigatran (Pradaxa®) ○ Enoxaparin (Lovenox®) 	

SPECIAL NOTE ABOUT DIABETES/WEIGHT LOSS MEDICATIONS:
Semaglutide (Ozempic, Rybelsus), Dulaglutide (Trulicity), Exenatide (Bydureon, Byetta), Liraglutide Victoza, Saxenda), Lixisenatide (Adlyxin)

- If you take these once per week → Do not take the dose 7 days before your procedure
- If you take these once per day → Hold the dose the day before your procedure
- If you take these twice daily → Hold the evening dose the day prior to you procedure

Contact your primary care provider (PCP) if you have specific questions about medicines you take. Visit ucsf.logicnets.com for more information about diabetes medication management before your procedure.

The night before your Upper Endoscopy:

- Do not eat any food after the midnight directly prior to your procedure.

The day of your Upper Endoscopy:

- Do not eat any food.
- A healthy patient may drink clear liquids up to 2 hours before the procedure arrival time, but you **MUST** clarify the timing of your final intake of liquids by mouth when you talk to the anesthesiology team at the Prepare appointment. If a Prepare appointment is needed for your procedure, you will be notified.
 - Clear liquids include water, coffee or tea without milk or cream, green/yellow jello, clear juices, clear broth
 - **DO NOT DRINK:** orange juice, milk; or red/purple-colored products.
- Please take all of your regularly scheduled medications with a sip of water, unless directed to do otherwise by your doctor. Besides taking your usual medications with a sip of water, **DO NOT EAT OR DRINK** anything else until after your procedure.

Double check your appointment location—there are three locations in San Francisco:Parnassus Endoscopy

505 Parnassus Avenue
1st Floor, L103
San Francisco, CA 94143

Mount Zion Endoscopy

1600 Divisadero Street
1st Floor, B123
San Francisco, CA 94115

Mission Bay Endoscopy

1855 4th Street
2nd Floor
San Francisco, CA 94158

If you have questions, please visit our endoscopy website at <https://endo.ucsf.edu/>.

Transportation Reminder

- Your ride/responsible adult must be readily available to pick you up when called. This is usually within 2-3 hours after your arrival to the unit.
- Public transportation or taxi/Uber/Lyft rides are not allowed unless you have a responsible adult accompanying you home with you.
- Unfortunately, if you are not able to secure a ride/responsible adult, we will need to cancel the procedure, and reschedule it at another time.