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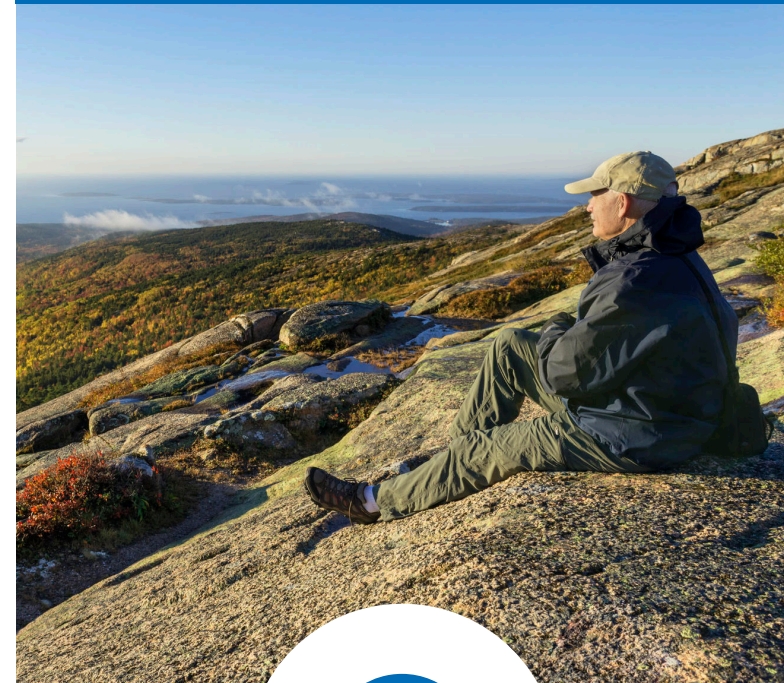


Innovation & Caring for Digestive Health

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GETTING READY

PREP INSTRUCTIONS FOR YOUR UPPER ENDOSCOPY



Portland
Gastroenterology
CENTER

Innovation & Caring for Digestive Health

About This Procedure

A small, flexible tube will be passed through your throat and into your stomach and upper intestine. This procedure will allow us to look at the lining of your esophagus, stomach and upper intestinal tract. A biopsy may be taken for further study. During the procedure, we may take photographs for your medical record.

Your upper endoscopy may be mildly uncomfortable, but not painful. You will receive medication before the procedure to reduce discomfort.

Allergies and Chronic Conditions

If you are allergic to anything, especially medicines, or have other medical problems, be sure to tell us.

PLEASE CALL THE OFFICE IF:

- You are diabetic.
- You are pregnant.
- You are on Coumadin, Warfarin, Plavix or any other anti-coagulation therapy.
- You have an internal cardiac defibrillator (ICD) or prior history of heart valve infection.
- You or a family member have a history of malignant hyperthermia.



On the MORNING/DAY of Your PROCEDURE

It is very important to follow these instructions.

Beginning eight (8) hours before your procedure:

DO NOT EAT SOLID FOOD.

Clear liquids may be taken up to 3 hours before your procedure. You may take your usual medications with a sip of water.

A clear liquid is one that you can see through. (NOTHING RED, PURPLE OR BLUE).

EXAMPLES OF CLEAR LIQUIDS ARE AS FOLLOWS:

- Clear beef or chicken broth, such as bouillon cubes dissolved in water
- Popsicles, except for red, purple or blue
- Coconut water (NOT coconut milk)
- Strained fruit juice, such as apple or white grape juice
- Coffee and tea (without cream or dairy products)
- Gatorade (orange, green or yellow)
- Soft drinks
- Kool-Aid
- Jell-O



IMPORTANT NOTES

What are the risks?

Endoscopy is a standard medical procedure, but all such procedures have some risks. These problems do not happen often.

1. Rarely, the instrument may tear the wall of the throat, stomach or upper intestine. This may require surgery.
2. There may be adverse drug reactions or heart/breathing complications.
3. In rare instances, bleeding may occur, usually when tissue or polyps are removed. This may mean being admitted to the hospital for additional care which may require a transfusion or surgery.

Important: You must bring someone who will meet you inside the recovery area after your procedure and drive you home.

A ride service driver or taxi driver is not acceptable.

Preferably, your driver will remain in our waiting room, or be available with 15 minutes notice.

Please leave all jewelry at home.

Plan on being at the facility approximately 2 to 2.5 hours from arrival to departure.

If you have any questions, please call the office at 773-7964.