



**Your procedure will be performed at the following location:**

**Cascade Endoscopy Center** – 1007 Harlow Road, Suite 110, Springfield, OR 97477

Visit our website to access all forms: [cascadeendocenter.com](http://cascadeendocenter.com) or call us @ 541-726-8882

**McKenzie-Willamette Medical Center** - 1460 G Street, Springfield, OR 97477

**5-7 days prior to your procedure date:**

- Read over all procedure instructions. Be familiar with the clear liquid diet.
- STOP iron.
- REVIEW blood thinner/diabetic instructions if those apply to you.
- NO NSAIDS (Advil, Ibuprofen, Motrin, Naproxen, Aleve, etc.) for the 2 days prior to your procedure.

## Upper Endoscopy Instructions

Please take your regularly scheduled medications during the preparation process, unless advised to stop.

**1 day prior to your procedure**

**NO FOOD AFTER MIDNIGHT**

**Your procedure day**

**ONLY CLEAR LIQUIDS UNTIL AFTER YOUR PROCEDURE**

**If your procedure time is after 12 pm (noon), you may have a light snack 8 hours prior to procedure time (Example: oatmeal, crackers, soup or toast).**

**Time:** \_\_\_\_\_ (please use this space to write in your STOP time)

**STOP** all fluids 3 hours prior to your procedure time; not following this will delay your procedure.

Do not use tobacco, alcohol, or marijuana today

You MUST have a driver to take you home after your procedure

## Clear Liquid Diet

**Clear liquids are those which you can see through. No solids, pulps, and no dairy.**

Look for clear, green, yellow flavors and colors

**AVOID:** Red, orange, purple dyes; as these can look like blood

**AVOID:** Alcohol during the preparation process

You will need to include liquids with calories, sugar, and electrolytes as you are not eating; even if you are diabetic. Please use the diabetic handout if this applies to you.

Remember, you **must STOP ALL FLUIDS for the 3 hours prior** to your procedure

### So what can I have?

- Black coffee, tea
- Clear juices: Apple, white grape, lemonade
- Coconut Water - No pulp
- Sodas/Pop: Pepsi, Coke, Sprite, etc. - *Watch color/flavor selection as noted above*
- Clear sports drinks: Gatorade, Powerade, Propel, Pedialyte - *Watch color/flavor selection as noted above*
- Broths/bouillon (chicken, beef, vegetable, bone)
- Jell-O - *Watch color/flavor selection as noted above*
- Popsicles/Italian ice - *Watch color/flavor selection as noted above*
- Gummy Bears - *Watch color/flavor selection as noted above*

**Please note that this is not an all-inclusive list, please call us if you have specific questions.**