

Thank you for choosing Duke Health for your healthcare needs. Your provider ordered an Upper GI procedure for you. Please review the information about your procedure to prepare for it. If you have questions about your procedure, appointment, or prep, please call Duke Gastroenterology (GI) at (919) 684-6437.

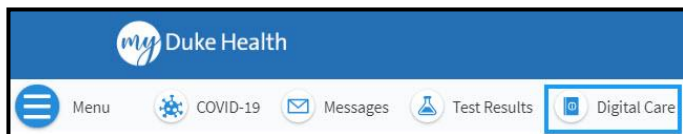
## What is an Upper GI Procedure

An Upper GI endoscopy is an exam of your upper GI tract (esophagus, stomach, and duodenum). The doctor will place a flexible tube into your mouth and pass it to your small intestines. More tests may be performed, like taking tissue samples (biopsies) and removing polyps. You will receive IV sedation to help you sleep and stay comfortable during your procedure. Your provider selected your procedure prep based on your health history. Your procedure prep is Upper GI Endoscopy Standard Prep.

## Planning for Your Procedure

### TWO (2) WEEKS Before Your Procedure

- ☐ Log into your My Duke Health account and review your procedure prep information. Select the Digital Care button to review and print the information.
- ☐ Sign up for the Care Convoy® mobile health app. This app is designed specifically for Duke GI patients. It is a tool that will guide you through each step of your prep. You can access the app from Google Play or the Apple Store using the QR code below. You will also get an email invitation from Care Convoy® with download instructions. The app will support you through your prep and allow you to confirm your procedure appointment. Care Convoy will ensure you are well-prepared and at ease for your procedure.



Care Convoy QR Code

- ☐ Ask a family member or friend to drive you to your procedure, **stay with you**, and drive you home. Your driver needs to stay in the endoscopy department during your procedure. Your driver must be an adult over 18 with a valid driver's license. You cannot go home in a taxi, bus, or ride-share.
- ☐ Review your procedure location (address), date, and arrival time.
- ☐ Plan to be in the GI department for your procedure for about four (4) hours.
- ☐ Since you will receive IV sedation for your procedure, you cannot drive or work for the rest of the day.
- ☐ Put your procedure instructions in a safe place, like on your refrigerator.
- ☐ If you have diabetes, contact your diabetes provider to ask if you need to adjust your medicine or insulin.
- ☐ If you take medicine that thins your blood, ask your provider if and how long you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).

### SEVEN (7) DAYS Before Your Procedure

- ☐ Stop taking iron pills and or any other supplement with iron.

### FIVE (5) DAYS Before Your Procedure

- ☐ Stop taking Fish Oil supplements.

**ONE (1) DAY Before Your Procedure**

- ☐ Eat your regular diet today.
- ☐ Stop eating all food at 12:00 am (midnight). You can drink clear fluids, see list below.

**The Day of Your Procedure**

- ☐ **Do not eat any food.**
- ☐ Stop drinking clear liquids (4) four hours before your procedure.
- ☐ Follow your provider's instructions and take your medicines with water.
- ☐ STOP drinking all fluid **FOUR** hours before your procedure.

**Clear Liquid (Fluid) Examples**

You can drink any of these fluids (liquids). **All fluid must be light in color and not red or purple.**

- Water
- Tea and black coffee without any milk, cream, flavor, non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream
- Jell-O® or other gelatin without fruit
- Boost® Breeze Tropical Juice drink

**Prep Frequently Asked Questions (FAQs)**

If you have a **Pacemaker or Internal Defibrillator**, Bring your device information card to your anesthesia and procedure appointment. When you check in for your procedure, give the device card to your nurse.

**If you do not or cannot accept blood products in an emergency**, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your procedure.

**I am a diabetic. Should I change my insulin or medicine during the clear liquid diet?**

Contact your diabetes provider to ask how to adjust your medicines or insulin for this procedure.

**Is alcohol, wine, or beer an acceptable clear liquid?** No, alcohol, wine, and beer are not clear liquids. Do not drink any alcohol the day before your procedure.

**What if I lose my prep information?** Log into My Duke Health, select Digital Care to review or print your instructions, or call Duke GI for help.