



Upper Endoscopy, ERCP and EUS Prep Warning:

Some of your medications (such as blood thinners) may need to be stopped for a few days before your procedure. At the time your procedure was scheduled, we would have given you specific instructions of how to manage these changes – you would also want to check with the prescribing doctor. If you have questions, please call us (864-7483).

If you are on insulin or other medications for diabetes, please CHECK with your REGULAR physician for specific instructions. Otherwise, take your regular meds and inhalers.

Your Upper Endoscopy, ERCP and EUS Prep is as follows:

1. The evening before your procedure, eat only a light meal. Examples are scrambled eggs and toast or macaroni and cheese.
2. DO NOT EAT ANYTHING AFTER MIDNIGHT.
3. **If** your upper endoscopy, ERCP or EUS is scheduled for **noon or later**, you may have SMALL amounts of clear liquids before 8 a.m. on the day of your procedure, then NOTHING until after the procedure. Clear liquids include water, fruit juices, clear broth, Sprite, sports drinks. AVOID: milk, milk products, and any item with red dye.

Arrive at Fletcher Allen Health Care (FAHC) **ONE HOUR PRIOR** to your procedure time. Check in at the Registration Office in the Main Lobby of the FAHC Ambulatory Care Center. Once you have registered, they will give you directions to the Endoscopy Suite.

You will need someone to drive you home because of the sedation you will receive for your procedure. The hospital will not allow you to leave by yourself or use public transportation.

FAHC Registration Center,
Main Pavilion, Level 3 (street level)