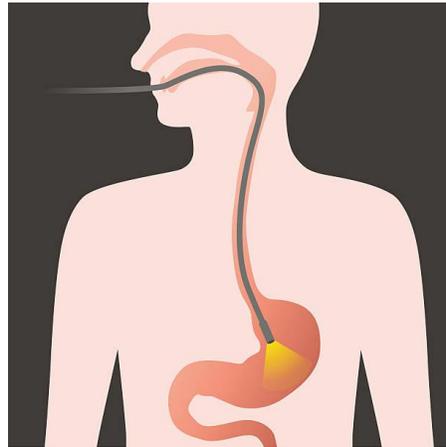


Upper Endoscopy preparation

Atlantic Endoscopy Center



Appointment information

Location: Atlantic Endoscopy Center, Barrett Medical Building
10231 Old Ocean City Blvd, **Suite 205 2nd floor**
Berlin, MD 21811

Phone: 410-629-6814 (Nurse)
Front desk: 410-629-6800

Please contact **Dr. Bell** or **Dr. Klepper**
at their office to cancel or change your
appointment.
410-629-1450

Bring with you:

Driver, medication list, inhalers, insurance cards, driver's license or ID, extra clothing, snacks for after exam.

- ❖ You must have someone physically here to drive you home and stay with you after your procedure. If you plan on using public transportation, you must bring someone who can accompany you home and stay with you after the procedure. **If you do not have someone, the procedure will not be performed.**



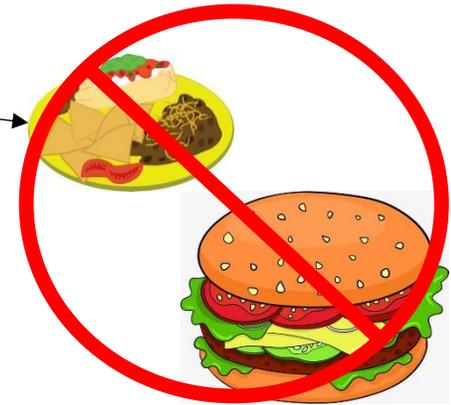
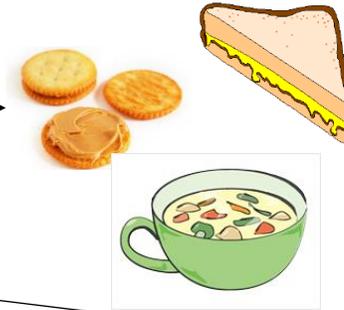
Arrive (one hour prior to scheduled exam time)

Expected discharge **about** 2 hours *after arrival time*

- ❖ Please understand that **emergencies may arise**. We will do our best to keep you and your driver updated should this occur.
- ❖ Please **keep your schedule open of other appointments and obligations** (working, children on the bus)

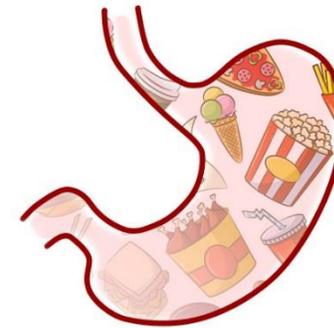
The night before...

- You may eat normally throughout the day.
- Eat your largest meal before 6p.m.
- From 6pm until midnight, you may have a light snack (small cup of soup, ½ sandwich, crackers and peanut butter, small bowl of ice cream)
- DO NOT eat any solid food after midnight
- You may have clear liquids (Sports drinks, water, soda, black coffee or tea, ice pops, Italian ice, jello, bouillon, broth, fruit juices without pulp) until 4 hours before you arrive for your exam.
- Example: Your test is at 11am, you arrive at 10 am, you may drink clear liquids only until 6am
- You may have clear, blue, yellow and green colored liquids.



Risks of eating or drinking before upper endoscopy

- DO NOT eat a large meal late at night.
- The doctor may not be able to see inside your stomach if food is still present.
- There is a greater chance of the stomach contents getting into your lungs. (Aspiration)
- The test may need to be repeated (get a ride, take off from work, pay another copay...)
- Anesthesia complications



Medications

- Make a list of all of your medications and supplements. Make sure you are clear on which ones you can take and what you need to stop. Please contact your doctor if you have any questions.
- Please do not hold medicines for your stomach “so the doctor can see what it’s like without medication” unless you are specifically told to do so.
- Please take the medications you doctor told you to take the morning of your procedure.



- **IF YOU TAKE ASPIRIN OR OTHER BLOOD THINNERS**
- (**Coumadin** (warfarin), **Plavix** (clopidogrel) **Pradaxa** (dabigatran etexilate), **Effient** (prasugrel), **Pletal** (cilostazol), **Aggrenox** (Aspirin with dipyridamole, **Xarelto** (rivaroxaban) or others:
- You **MAY** need to stop these prior to your exam to prevent bleeding. **PLEASE CHECK** with your cardiologist or prescribing doctor prior to stopping these medications.
- ❖ **Please DO NOT stop all of your medications! Only stop what your doctor tells you to stop.**

Special Situations:

If you are on Coumadin or dialysis:

- If you have been told to get **blood work** the day prior or the morning of your procedure, please get this done before coming to the center.
- If you use a lab other than AGH, please have them fax your results to **410-629-6850**.



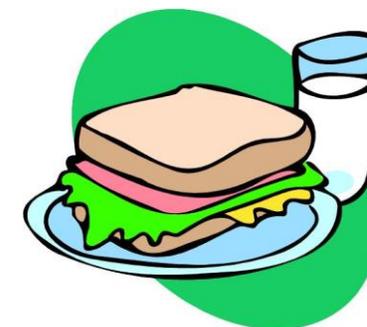
Diabetics

- Please take your blood sugar the morning of your procedure
- Have clear fluids on hand that have sugar in them, in case your levels drop (No orange juice!)
- If you take insulin: Please consult your prescribing doctor if you need a sliding scale to manage your blood sugar while fasting.
- Do not take any blood sugar pills the morning of your procedure (unless instructed otherwise by your doctor)



After the exam

- You must have someone physically here to drive you home and stay with you after your procedure. If you plan on using public transportation, you must bring someone who can accompany you home and stay with you after the procedure. **If you do not have someone, the procedure will not be performed.**
- You may not drive, work, care for young children, drink alcohol, make any important decisions until the next day.
- You can eat normal foods as soon as you leave
- Drink plenty of liquids. Signs of dehydration include headache, nausea, fatigue, feeling thirsty, urine that is dark (urine should be clear to light yellow)
- Plan to stay at home and rest the remainder of the day.



Follow up is always at the physicians **office**, not the Endoscopy center.

- Most upper endoscopy's are preformed because someone is having a problem. There will most likely be biopsies taken, even if everything looks normal.
- The doctor usually follows up in his office in 2-6 weeks.
- If you can't make your appointment, please call the office to reschedule.
- Dr. Bell and Klepper's office number is 410-629-1450

Contact information

Dr.'s Bell and Klepper: 410-629-1450

Atlantic Endoscopy Center, mainline: 410-629-6800

Atlantic Endoscopy Center, nurse line: 410-629-6814

If you have not heard from one of the nurses and it's less than two days until your procedure, please call the center to confirm your appointment.

