



Tower Gastroenterology Associates

Gastroenterology
Gastrointestinal Endoscopy
Nutritional Support
Liver Disease

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PATIENT INSTRUCTIONS

ENDOSCOPY INSTRUCTIONS

INSTRUCTIONS:

Nothing to eat or drink after midnight the night before; no smoking, no gum; no breakfast.

Please be there at:

BE SURE TO HAVE SOMEONE DRIVE YOU, AS YOU WILL NEED SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE.

DO NOT DRIVE YOURSELF.

Please do not take any **ASPIRIN, VITAMIN E, GINKGO BILOBA, GARLIC TABLETS, ST JOHN'S WORT** or any **VITAMINS CONTAINING IRON** for 7 days prior to the procedure.