AVOID aspirin/aspirin products, Advil/Motrin/Aleve/Ibuprofen, Vitamin E (multi-vitamins w/E), fish oil, flaxseed oil or foods with SEEDS for 5-7 days prior to procedure. (Tylenol and acetaminophen products are okay.)

**YOU must consult your prescribing physician about stopping: Coumadin, Plavix, Pradaxa, Eliquis, or Xarelto, prior to a procedure if you take these medications or a generic equivalent.

**YOU must consult your prescribing physician about diabetic medication and insulin dosages prior to a procedure if you are a diabetic.

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME THE DAY OF PROCEDURE. NO DRIVING FOR THE REST OF THE DAY! YOU SHOULD HAVE ADULT SUPERVISION FOR 12-24 HOURS AFTER THE PROCEDURE.

[ ] UPPER ENDOSCOPY PREP
   NOTHING TO EAT OR DRINK AFTER MIDNIGHT.
   NOTHING TO EAT OR DRINK UNTIL AFTER THE PROCEDURE.

Only if ordered: After midnight, up to 4 HOURS PRIOR TO THE ARRIVAL TIME, you may have 1-8oz glass of the following: apple juice, white grape juice, tap or bottled water, Gatorade, Crystal Light. Avoid items with artificial red dye.