

GASTROSCOPY

HOW TO PROPERLY PREPARE FOR THE EXAM

1. Do not take any food or liquids by mouth after midnight the evening before your Gastroscopy if your procedure is before noon. (If your procedure is after 12 Noon, you may have clear liquids up until 4 hours prior to your procedure, then nothing by mouth.)

IF YOU ARE TAKING HEART, SEIZURE, BLOOD PRESSURE, OR RESPIRATORY MEDICATIONS, BE SURE TO TAKE THESE MEDICINES AS EARLY AS POSSIBLE ON THE DAY OF THE TEST WITH A SMALL SIP OF WATER

2. **Diabetics** that take **insulin** should generally take one-half of their usual nighttime dose the night before the gastroscopy and one-half their usual morning dose the morning of the gastroscopy procedure.

Diabetics that take **oral medications** such as **DiaBeta, Diabinese, Glucotrol, Glynase, or Micronase** should not take this medication the night before (if taking twice a day) or the morning of gastroscopy. You should wait to take the morning dose of medication until after the gastroscopy is performed and your usual diet is resumed.

3. If you are on **Coumadin, Heparin, Lovenox, or Fragmin**, blood thinners, please call our office.

4. **MAO Inhibitors.** Parnate (tranylcypromine), Nardil (phenelzine), Eldepryl (selegiline), Marplan (isocarboxazid) or Azilect (rasagiline). If you take any of these medicines, please call our office as soon as you receive this letter.

5. Your gastroscopy should be deferred for the following reasons:

- if you are **pregnant** or think you might be
- if you have suffered a **heart attack** in the last six weeks

6. If you have an implantable heart **defibrillator**, please notify our office when you receive this letter.

7. Current guidelines no longer require that you hold daily aspirin, or chronic arthritis pain medicines (eg. non-steroidals such as Ibuprofen, Advil, Motrin, Aleve, etc.) prior to your procedure.

8. According to the new 2007 American Heart Association Guidelines, antibiotic prophylaxis is no longer recommended for **any** patient with heart disease (valular or other) undergoing **any** GI procedure.

Since this is a marked change from prior recommendations, some physicians may still choose to use antibiotics for certain cardiac patients. Please check with your PCP or cardiologist if you are in doubt. **Notify** us as soon as possible if your physician still advises you to have antibiotics pre-procedure.

9. If you have any questions about your medications, call our office.