

Endoscopy Procedure Prep Instructions

UMass Memorial Endoscopy Center
28 Newton Street
Southborough, MA 01772

Marlboro Hospital
157 Union Street
Marlboro, MA 01752

Procedure Date: _____ **Arrival Time:** _____ **Procedure Time:** _____

Please note:

- **You MUST have a ride to and from the procedure**
- Bring a list of your current medications and doses (see insert)
- Expect to be at the facility for approximately **TWO hours** _____
- Please arrive at the facility 45 minutes prior to your procedure time

STARTING One week before the procedure: _____

- If you are on a blood thinner, please stop taking per your primary care doctor's instructions. (2-5 days before)
- Stop iron/iron products seven (7) days before your procedure
- Hold injectable diabetes/weight-loss medications (e.g., Trulicity, Ozempic, Wegovy, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, Mounjaro) (7 days before)
- Hold Rybelsus (1 day before)

Day before your procedure: _____

- **Nothing to eat after midnight.**
- Clear liquid diet only after midnight. **See Clear Liquid Diet List below.**
- **No red, purple or blue colored drinks.**

Day of procedure: _____

- If you wear contacts, please wear glasses
- **Continue to take your medication as usual.**
- If you are a diabetic do not take your diabetes medications. – Check with your PCP or endocrinologist for further information.
- **Nothing to drink 3 hours before your procedure** _____

AFTER your procedure

- **You must have a ride to and from the procedure.** A taxi, Uber, bus, or limo is not accepted. You will need to have someone get you settled once you get home. A medical taxi is accepted – please call our office if you need information about medical taxis.
- Plan to rest for the remaining part of the day.
- You can expect to resume normal activities the day after your procedure.

***PLEASE NOTE THAT THE PROCEDURE WILL BE COMPLETED WITH SEDATION (MODERATE OR DEEP). THE TYPE OF SEDATION WILL BE DETERMINED ON THE DAY OF THE PROCEDURES BASED ON AVAILABILITY AND/OR INSURANCE.**

Clear Liquid Diet Include the following:

<ul style="list-style-type: none">● Plain Water● Clear, fat-free broth such as bouillon or consommé● Sports drink like Gatorade● Fruit juices without pulp such as apple juice, white grape juice or white cranberry juice	<ul style="list-style-type: none">● Clear sodas (ginger ale, sprite, 7Up)● Ice pop without the bits of fruit or fruit pulp● Ice chips● Honey● Plain gelatin● Coffee or Tea without cream
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