

Division of Gastroenterology

Your Upper Endoscopy Preparation Instructions

Step 1: Medication Instructions

If you are taking Blood Thinners

- ☐ **Xarelto®, Eliquis®:** Stop **3 days** before your procedure.
- ☐ **Plavix®:** Stop **5 days** before your procedure.
- ☐ **Warfarin (Coumadin®),** Stop **5 days** before your procedure.

If you are on Insulin

- ☐ **Short-acting insulin:** Do **not take** on the day of the procedure.
- ☐ **Long-acting insulin:** Take **half your usual dose** the night before your procedure.

If you are on GLP-1 Agonists (used for diabetes or weight loss)

- ☐ **Injectable (e.g., Ozempic®, Wegovy®, Trulicity®, Zepbound®, and BCise® and Mounjaro®):** Stop **1 week** before your procedure.
- ☐ **Oral (e.g., Victoza®, Saxenda®, Byetta® and Adlyxin®):** Stop **24 hours** before your procedure.

Step 2: The night before your procedure

- **Have a light supper**

Step 3: On the Day of Your Procedure

- **Do Not eat or drink after midnight.**
- You may take essential morning medications (like blood pressure, thyroid, seizure, and heart medications) with a sip of water unless instructed otherwise.
- **Do not take any oral diabetes medications on the morning of your procedure.**
- Wear comfortable clothing and avoid bringing valuable items.

Remember:

- Bring your ID, insurance card, and medication list.
- A responsible adult must accompany you and be available to take you home after the procedure.

If you have any questions or concerns, please contact the Gastroenterology Department at **202-865-1374** between 9:30 AM and 4:30 PM. For after-hours assistance, call **202-865-6100** and ask for the GI fellow on call. They will be able to address your concerns.