

Appointment Details:

Tufts Medical Center
ENDOSCOPY UNIT – 3RD FLOOR PROGER BUILDING
800 Washington Street
Boston, MA 02111

Enclosed is important information regarding your scheduled procedure.

The clinical team in the endoscopy unit has reviewed all of your medical information available and has reserved a time for your specified appointment. Please note that this appointment requires a time slot in the endoscopy suite, booking of nursing staff, and (depending on the type of procedure) an anesthesiologist.

Cancelling your appointment on short notice, or not showing up for the appointment, leads to unnecessary downtime and cost and results in decreased access to timely care for our patients.

Try to avoid the cancellation of your appointment, if at all possible, by making the necessary arrangements needed in order to keep your appointment.

If you need to cancel, please call at least **5 business days** ahead of time, to allow for another patient to be scheduled in that time slot.

We appreciate your cooperation and understanding in this matter.

The procedure and what to expect:

An upper endoscopy is an examination of the esophagus (swallowing tube), stomach, and duodenum (first part of the small intestine) under direct vision. The procedure is performed by passing a small flexible instrument (an endoscope) that has a light and a camera on the end through the mouth into the esophagus, stomach, and duodenum. An upper endoscopy is performed after giving you medication to make you sedated. Most patients fall asleep and are not aware of the procedure.

Designated driver:

Please arrange for an adult escort, 18 years or older, to take you home after the procedure. You will be receiving sedation, and you should not drive until the next day. Your escort does not have to come with you when you check in but must meet you in the endoscopy unit on Proger 3 when you are ready to go home. You are still required to have an adult escort, 18 years or older, if you plan to take the T, taxi, ride sharing service, THE RIDE, or are walking home. **If you do not have an escort on the day of your procedure, your procedure will be cancelled.**

Medications and illness:

If you are taking **blood thinners** (e.g. Plavix, Xarelto, Eliquis, Coumadin, etc), **heart medications** (e.g. Digoxin), or if you have a **pacemaker or defibrillator (AICD)**, please notify us well in advance of the procedure to receive specific instructions.

GLP1 medications slow stomach emptying. It is essential that your stomach is empty before having an upper endoscopy. If residual food is leftover, you may end up aspirating while under sedation. This means food from your stomach may end up in your windpipe or lungs and cause trouble breathing and even pneumonia.

If you are taking a **weekly (1 time per week) GLP1 agonist medication for diabetes or weight loss such as Trulicity, Bydureon BCise, Ozempic, Wegovy, or Mounjaro, you must discontinue this medication 7 days before your upper endoscopy.**

If you are taking a **daily or twice daily GLP1 agonist medication for diabetes or weight loss such as Byetta, Victoza, or Saxenda, do not take this medication on the day of your upper endoscopy.**

If you are taking a **SGLT2 inhibitor medication for diabetes such as Brenzavvy, Invokana, Farxiga, Jardiance, or Steglatro, do not take this medication on the day of your upper endoscopy.**

Your procedure will be cancelled if you do not follow these instructions.

If you are taking other **diabetic medication**, please reach out to the doctor that prescribes this medication well in advance of the procedure to receive specific instructions.

If you are **experiencing cold/flu symptoms** within 72 hours of your scheduled appointment, please call the office for further instructions.

DAY BEFORE YOUR UPPER ENDOSCOPY:

- If you have **gastroparesis (delayed stomach emptying)** or if you are taking any **GLP1 agonist medication for diabetes or weight loss such as Mounjaro, Ozempic, Wegovy, Trulicity, Byetta, Bydureon BCise, Rybelsus, Victoza, or Saxenda, you must begin a “clear-liquid diet.”** Only drink clear liquids the **entire day (breakfast, lunch, and dinner)** before your upper endoscopy. Do not eat any solid foods. Do not drink anything red or blue.
 - What can you have? - Clear soda, (ginger ale, Sprite, 7 Up), Gatorade (no red/blue), chicken/beef broth, Jell-O (no red/blue), popsicles (no red/blue), lemonade (no pulp), clear juice (apple, white cranberry, and white grape).
 - What can't you have? - Red, blue, dark soda, grapefruit juice, orange juice, cream soups, alcohol, yogurt, pudding, or solid foods.
- If you do not have gastroparesis (delayed stomach emptying) and do not take a GLP1 agonist medication, you may have a regular diet the day before your upper endoscopy. **You must not have any solid food after midnight on the night before the procedure.**

DAY OF YOUR UPPER ENDOSCOPY:

- Take all of your usual medications (**except those indicated above in the “Medications and Illness” section**) with a sip of water.
- You may drink clear liquids until 4 hours before your upper endoscopy.
- **4 hours before your upper endoscopy:** Do not drink anything following this time.

If you typically have caffeine and are prone to caffeine headaches, you may have a **small** cup of coffee or tea **without** milk or cream in the morning. **You should have this at least four hours before your upper endoscopy time.**

REMEMBER: Following these instructions is very important. **If you do not follow these instructions, your procedure may be delayed or cancelled.**

Helpful hints:

- Bring your photo ID & insurance card.

- Leave all jewelry and valuables at home.
- Although your physician tries their best to stay on time, issues do arise resulting in delays. We appreciate your flexibility.

You will be able to return home approximately 3 hours from your arrival time.

Sincerely,
Tufts Medical Center
Endoscopy Unit