



NEMAHA COUNTY  
H O S P I T A L

## UPPER ENDOSCOPY PREPARATION – Dr. Evans

NAME: \_\_\_\_\_

Please report on \_\_\_\_\_ at \_\_\_\_\_ am/pm. Procedure at  
\_\_\_\_\_ am/pm

With Dr. \_\_\_\_\_

1. Notify your physician's office that surgery has been scheduled and you need an appointment for a **short-stay physical**. This is an abbreviated form and is less than is required for major surgical procedures. These are good for thirty days.
2. If you are taking medications for blood pressure, heart or a seizure disorder, you should take them with a small sip of water by 6 am. Check with your physician about taking other medications. This includes anti-platelet medications and synthetic coumadin medications like Plavix, Pletal, Aggrenox, Effient, Brilinta, Xarelto, Eliquis, Pradaxa. Contact the ordering physician to see if it is safe for you to stop your Coumadin at least 5 days ahead of the procedure. If you have heart stents that are less than 1 year old, call your prescribing physician about stopping Plavix or any of the other medications listed above. If your stents are over 1 year old, stay on your aspirin. Stop iron products, Citrucel or Metamucil 3 days ahead. Please bring a list of medications you are taking, including the dosages, when last taken, and a list of allergies. Please bring inhalers with you. Notify hospital staff if you are diabetic. If you are diabetic, please check your blood sugar prior to coming to the hospital.
  - You must have a driver to take you home after your procedure.
  - You may not have anything to eat or drink after midnight the night before your procedure.
  - Please bring your insurance cards.

\*\* Special Instructions: STOP taking your \_\_\_\_\_ on \_\_\_\_\_

**SOME ADDITIONAL INFORMATION:**

You will also receive intravenous sedation to facilitate your examination. You will not be able to drive, operate machinery, and make important decisions or return to work for the rest of the day.

**If you have any questions, please contact Nemaha County Hospital 402-274-4366  
or 402-274-6137.**