

# Upper endoscopy instructions

Please register at the Peterborough Regional Health Centre, Admitting Department, 4th floor.

**Arrival Time:** \_\_\_\_\_ **Procedure Date:** \_\_\_\_\_

- You **must not have anything to eat or drink for 6 hours prior** to your arrival time on the day of the procedure, with a few exceptions. You may take sips of clear fluids to take medications that are required. If you are diabetic and are experiencing a low, you may take clear fluids. Please let us know if this was the case.
- Take your **heart or blood pressure pills** as usual on the day of the procedure, unless directed otherwise.
- If you have not already discussed your medications with Dr Ebisuzaki or his staff, please let us know ASAP if you are taking blood thinners, diabetic medication or iron supplements.

You will **receive** an automated reminder message, 5 business days prior to your apt date.

**LISTEN CAREFULLY** as your time of the procedure may have changed. Your time of **ARRIVAL** will also change if this is the case.