

## Prepare for Your Upper Endoscopy

**Your stomach must be completely empty to do this test.** Your doctor gives you instructions to get ready for your test. This is called "prep". The prep has special directions on foods, drinks, and medicines.

**The prep is very important for the doctor to see the whole GI tract. Follow the prep carefully.**

- First, check the date for your upper endoscopy test.
- Next, check the date and time the doctor wants you to start your prep. You may need to start your prep 1-2 days before your test.
- Read the directions for your prep a few days before your test to make sure you understand them. If you have any questions about the prep, please call your doctor's office.
- If you do not complete the prep before your upper endoscopy, you must re-schedule the test.

## Before Your Upper Endoscopy

- **DO NOT eat or drink anything after midnight (before the test) unless your doctor tells you otherwise.**
- **For your comfort,** the doctor gives you medicine before your test that makes you sleepy. You cannot drive or work with machinery until the day after your test.
- **For your safety, make sure someone can drive you home after your test.** You may also arrange for medical transportation for a cost. Ask the staff in your doctor's office or check the phone book for more information about this service. Note: If you come to the hospital for your test and you do not have a ride home, you must re-schedule your test.