

Your Upper Endoscopy at CHA

Exam Date: _____

Arrival Time: _____

Exam will be performed at:

CHA Cambridge Hospital
1493 Cambridge Street
Cambridge, MA 02139
Check in: Admitting - Lobby

CHA Somerville GI Center
33 Tower Street
Somerville, MA 02143
Check in: Patient Registration

CHA Everett Hospital
103 Garland Street
Everett, MA 02149
Check in at: Admitting - Lobby

If you have any questions or need to speak to a nurse, please call **617-591-4453**, Monday – Friday 7:30 am – 4 pm

To reschedule or cancel your appointment, please call **72 hours (3 days) in advance**. **617-591-4422**, Monday – Friday, 8 am – 4 pm

Please read all instructions at least 2 weeks before your exam.

Please arrive on time. You will need to register before your procedure.

Do not wear or bring any jewelry or body piercing to your procedure. We will not be responsible for lost or stolen items.

Transportation for your procedure

You must arrange for a ride home with a friend or family member after your test. You will not be allowed to drive yourself home. If you have transportation problems, please call the number above as you may be eligible for transportation to and from your procedure with the CHA Med Access Van depending on where you live.

Important information about other medications

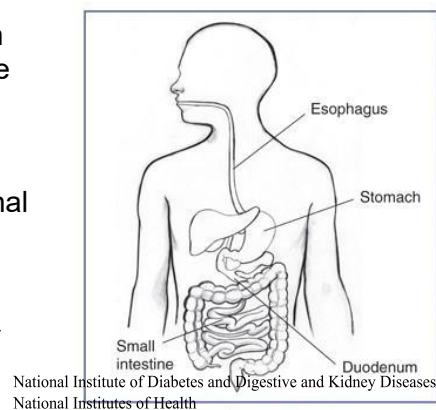
- **If you take blood thinners:** Call your primary care provider or Anticoagulation Management Service for directions. This includes medications such as Coumadin (warfarin), Eliquis (apixaban), Savayasa (edoxaban), Pradaxa (dabigatran), Xarelto (rivaroxaban), Lovenox (enoxaparin), Plavix (clopidogrel), Effient (prasugrel), or Brilinta (ticagrelor).
- **If you take medications for Diabetes:** Please follow the instructions included in this packet.
- **Do not take** vitamins, antacids, supplements, or iron pills the morning of the test.
- You can take your other medications with a sip of water at your usual time. Bring a list of your medications with you. **If you have any concerns about your medications ask your doctor, do not wait until the day before the test.**

About the procedure

You are having an upper endoscopy (also called a gastroscopy or esophagogastroduodenoscopy).

This lets the doctor see the inside of the upper part of your digestive system including your esophagus, stomach, and first part of your small intestine (the duodenum). The test is done using an endoscope, a long, thin, flexible tube with a small camera on the end. There are several reasons to have the test:

- To investigate digestive symptoms such as nausea, vomiting, abdominal pain, difficulty swallowing, and GI bleeding
- To diagnose conditions that effect the upper gastrointestinal tract by directly viewing or collecting small tissue samples (biopsies) to test for diseases and conditions
- To evaluate abnormal imaging findings
- To look for or treat bleeding ulcers or other abnormalities of the esophagus, stomach, and first part of the small intestine



Upper endoscopies can detect inflamed tissue, ulcers, and abnormal growths. Your doctor may also take biopsies (small pieces of tissue) for analysis in the lab for abnormalities that they want to check in more detail.

Upper Endoscopy Instructions

7 DAYS BEFORE THE TEST

- **DO NOT TAKE:** Nonsteroidal anti-inflammatory medications, these include Ibuprofen, Motrin, Advil, Naproxen, Aleve, Naprosyn, Meloxicam, and many others
- You may take Tylenol (which is acetaminophen) for pain
- Some medical conditions require you to stay on Aspirin. Check with your primary care provider. Do not stop Aspirin until you speak with your health care provider.



1 DAY BEFORE THE TEST

- You can have a regular dinner the day before the test
- **Do not** eat or drink anything (only your prep if you are also having a colonoscopy) after midnight the night before the test

DAY OF THE UPPER ENDOSCOPY

- The morning of the test, you can take your other medications at the usual time with **only a sip of water**. These include blood pressure pills, seizure medications, heart medications, thyroid medications, etc. **Do not drink anything for 6 hours before the test.**
- **Do not take** vitamins, antacids, supplements, or iron pills the morning of the test.

Diabetes Medication Instructions

Upper Endoscopy

If you take medicines for Type 2 Diabetes:

- On the night before the test: Do not take diabetes pills. If you take insulin for type 2 diabetes, take ½ your usual long acting insulin (for example, if you usually take 40 units of Lantus or NPH, take 20 units instead).
- On the morning of the test: Do not take diabetes pills. If you are on long-acting insulin for type 2 diabetes, you can take half the dose (for example, if you are on 40 units of Lantus or NPH, take 20 units instead).
- If you also take short acting insulin (Humalog, Admelog, Novolog, or Regular insulin), do not take this in the AM prior to the procedure.
- After the test: You will be allowed to eat again. At that time, you should resume taking your diabetes pills at your usual times. Take your usual evening dose of insulin.

Injectable (non-insulin) For those taken once a week (Trulicity, Ozempic, Wegovy, Rybelsus, Bydureon, Mounjaro, Tanzeum, Zepbound) DO NOT TAKE WITHIN 7 DAYS OF THE PROCEDURE

If you take medicines for Type 1 Diabetes:

- On the night before the test: Just take your usual basal insulin dose that you would normally take at that time (for example, your usual full dose of Lantus or NPH).
- On the morning of the test: Take your usual basal insulin dose that you would normally take at that time (for example, your usual full dose of Lantus or NPH). Do not take any short acting insulin (Humalog, Admelog, Novolog, or Regular insulin).
- If you use an insulin pump and fasting glucose is under 130, reduce your basal rate temporarily in the AM prior to the procedure to 75% of your usual rate. If fasting glucose is 130 or higher, continue your usual basal rate. Contact your endocrinologist if you have any questions about how to manage your pump settings prior to the procedure