


Preparation Instructions for Upper Gastrointestinal Endoscopy

Endoscopy Appointment:

Day:	Put patient tag
Date: ___ / ___ / 20___ corresponding to ___ / ___ / 14___	
Time:	
Location: Endoscopy Unit - Main Hospital - Ground Floor - King Fahad Medical City	In case of inquiries regarding the appointment or any procedure related to endoscopies, we are pleased to answer your inquiries at 0112889999 - Ext: 11239

 You have to do COVID19 swab 48 hours before the endoscopy.

Follow the below instructions on the day before the endoscopy:

1. **Eat a light dinner** before 9 pm and do not eat after that until the endoscopy is done.
2. You can drink liquids only until midnight and then fast after that.
3. Do not stop blood-thinning medications unless the treating physician asked you to stop them.
4. If you have a colonoscopy, you must follow the colonoscopy instructions.

On the Endoscopy Day:

- You have to take the medications for heart disease, high blood pressure, thyroid, or anti-seizure, if you have one of such diseases, take the medication before 6 am on the same day of endoscopy with a glass of water.
- Don't take the medications of diabetes until the procedure is done.
- Bring a list of the medications you use and the medications that you are allergic to.
- Bring a companion to drive you home after the endoscopy because you will be under sedation during the procedure and you will not be able to drive the car for the rest of the day.



Please read the upper gastrointestinal endoscopy booklet to learn more about the endoscopy procedure and the precautions that should be taken into account.

