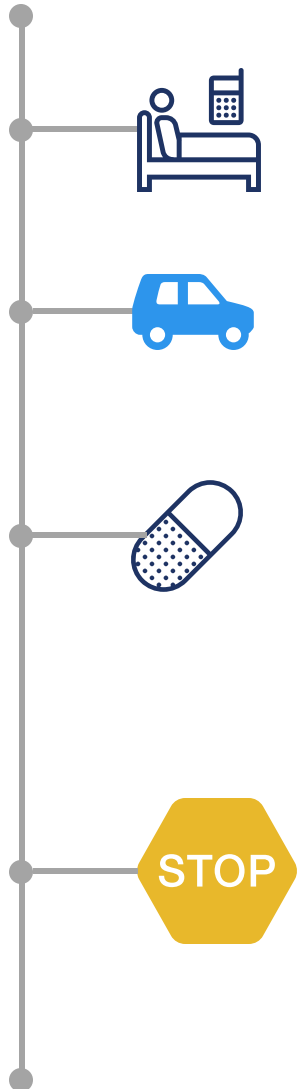


Northwest Gastroenterology Clinic

Upper Endoscopy with Bravo- Preparation Instructions

One Week Before Your Procedure



- Notify our office if you have had any major changes to your health since you scheduled your procedure.
- If you are receiving sedation, a responsible adult must accompany you to check-in, remain onsite, and be present for discharge. You may use a rideshare, taxi, or public transit, but your escort must ride with you, as hired drivers do not meet safety requirements.
- If you take **blood-thinner or anti-platelet medications**, (ie. Plavix, Coumadin, Pradaxa) or any **diabetic or weight loss medications** (ie. Ozempic, Trulicity) please reference [Medication Instructions](#).
- If you have not been directed by your physician to stop your stomach medications continue to take them as directed.
- Continue to take all other medications, unless instructed by your physician or our nursing staff.



If your physician directed you to stop taking stomach medications:

7 days prior to procedure: Stop taking PPI medications

PPIs include: Prilosec (omeprazole), Prevacid (lansoprazole), Nexium (esomeprazole), Aciphex (rabeprazole), Protonix (pantoprazole), and Dexilant (dexlansoprazole).

3 days prior to procedure: Stop taking H2 blockers medications

H2 blockers include: Zantac (ranitidine), Pepcid (famotidine), Axid (nizatidine), and Tagamet (cimetidine).

- Stop taking: oil-based vitamins/supplements (A, D, E, K or fish oil) for a full 7 days before your procedure.
- Stop using: any illicit drugs

Upper Endoscopy Preparation Instructions

With Bravo

1 Day Before Your Procedure

- If you take medications for diabetes, please reference [Medication Instructions](#).
- You will not take a dose the day of your procedure.
- No solid food 8 hours before your arrival time (if you have a morning procedure this may mean you will need to stop solid foods this evening).

Day of Your Procedure

- **No solid food 8 hours before your arrival time.**
- Clear liquids only. See our list of [recommended clear liquids](#).
- No RED, ORANGE or PURPLE dyes.
- **Take blood pressure, heart, or seizure medications the morning of your procedure. Be sure you take these at least four hours before your arrival time.**
- Hold all other medications.
- **DO NOT HAVE ANYTHING TO EAT OR DRINK FOUR HOURS PRIOR TO ARRIVING. NO CHEWING GUM.**
- **DO NOT SMOKE 24 HOURS BEFORE YOUR PROCEDURE.**
- **DO NOT USE CHEWING TOBACCO OR NICOTINE POUCHES 6 HOURS BEFORE YOUR PROCEDURE.**
- If you are receiving sedation, your driver must be present with you at check-in on the day of your procedure and remain onsite. **If you are taking public transportation, a taxi, or a rideshare service, you must have a responsible adult escort present with you at check-in, remain onsite, and be with you at discharge.**
- Wear comfortable clothes, leave your valuables at home, and arrive on time at the designated location with any paperwork completed that we may have asked you to bring.
- Don't forget your photo ID and insurance card.

