



**PACT Gastroenterology Center**  
Hamden • Milford • Guilford



## How to prepare for your Upper Endoscopy

**Follow these instructions. Please read over these instructions carefully as soon as you receive them.**

**Remember, your appointment could be rescheduled or cancelled if:**

- **You do not appropriately follow the prep instructions below.**
- **You consume any food or drink within 4 hours of your arrival time.**
- **You do not arrive for your appointment on time.**
- **You do not have a ride home.** Medications will be given to you at the time of your procedure that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult age 18 year or older to accompany you.
- **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your procedure, a process that can take some time. Please notify us of any changes to your insurance immediately.

### One week before your procedure...

1. **Purchase items for the clear liquid diet:**
  - Clear broth or bouillon
  - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
  - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
  - Jell-O (no purple, red, or orange)
  - Coffee or Tea (no milk, cream, or dairy).
2. **Arrange for transportation to and from your procedure.** You will not be allowed to drive yourself. You may not use a taxi or bus service unless you have a responsible adult 18 years or older to accompany you.
3. **Please refer to the instructions provided by the office regarding preprocedure medication changes. If you have any questions, please contact the office.**

### On the day of your procedure...

1. **Do not eat or drink anything after midnight**
2. **If the procedure is scheduled for the afternoon, you may have a clear liquid breakfast:**
  - Clear broth or bouillon
  - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
  - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
  - Jell-O (no purple, red, or orange)
  - Coffee or Tea (no milk, cream, or dairy).
3. **4 hours prior to your arrival time stop consuming anything by mouth including water.**
4. **Make sure to arrive on time for your appointment.**

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