



# SOUTHWEST ENDOSCOPY

Robert M. Lynn, MD  
Howard K. Gogel, MD  
John A. Burdon, MD  
H. Naser Mojtahed, MD  
Gabrielle M. Adams, MD  
Andrew C. Mason, MD

Antoine F. Jakiche, MD  
Nikki L. Parker-Ray, MD  
Mitchal Schreiner, MD  
Michael K. Bay, MD  
Angelina Villas-Adams, MD

7788 Jefferson NE, Albuquerque, NM 87109  
Phone: (505) 999-1631 www.southwestgi.com

Diplomates of the American Board of Internal Medicine in Gastroenterology

## **EUS UPPER PREP**

Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Physician: \_\_\_\_\_

**Lovelace Downtown**  
601 Martin Luther King Jr Ave  
Albuquerque, NM 87102  
(Report to the 1<sup>st</sup> floor “Admitting”)  
(505)727-8000 phone

### **Preparation Instructions:**

Please remember to arrange for a responsible adult to be here with you during the procedure. If you do not have a responsible adult driver, your procedure will be canceled and rescheduled. Review the preparation schedule below for the days preceding your endoscopy. If you need further assistance please call the office at (505)999-1600. **IF YOU HAVE TO CANCEL PROCEDURE, PLEASE PROVIDE ADVANCE NOTICE OF 48 BUSINESS HOURS OR A \$100 FEE WILL BE ASSESSED FOR CANCELLATION.**

#### **Morning Procedure**

Do not have anything to eat or drink after midnight the night before the procedure, except usual medication with small sips of water (see below).

#### **Afternoon Procedure**

You may have a clear liquid breakfast. **SEE CLEAR LIQUID LIST. NO SOLID FOODS.** You must finish this liquid breakfast at least 6 hours before your scheduled procedure time, and after this liquid breakfast you should take nothing by mouth except for usual medications with small sips of water (see below).

#### **CLEAR LIQUID LIST**

- Water
- Coffee, Decaf Coffee (no milk or cream)
- Tea (no laxative teas)
- Soft Drinks – Regular or Diet
- Apple, White Grape or Cranberry Juice
- Gatorade, Kool-aide (NO RED OR PURPLE)
- Lemonade, Limeade
- Clear Fat Free Beef, Chicken or Vegetable Broth or Bouillon
- Snow Cones, Popsicles (No Ice Cream or Sherbet)
- Hard Candies
- Jello (NO RED, Fruit or Toppings)
- Alcohol is not permitted
- DO NO CONSUME RED OR PURPLE**
- PLEASE AVOID ANY LIQUIDS NOT ON THIS LIST**

#### **Procedure Day**

\*Do not bring/wear jewelry. Leave valuables with the responsible adult who accompanies you.

\*Take your medications at least 2 hours prior to your procedure. **Do not skip heart, blood pressure or seizure medications.**

\*You will need your **Current Insurance Card, Picture ID and Copayment.**