



David S. Shields, M.D.  
Gastroenterology | 650-324-1020

## UPPER ENDOSCOPY

You are scheduled to have an Upper Endoscopy. Dr. David Shields will perform this procedure on \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_AM/PM at the Palo Alto Endoscopy Center.

**770 Welch Rd 3<sup>rd</sup> floor Suite 380 Palo Alto, CA 94304.**

Please arrive 30 minutes prior to your scheduled appointment to register. You must be accompanied by someone to drive you home you. You may not drive yourself home. Arrange for transportation or the procedure will be rescheduled.

Please notify Dr. Shields' office staff **within 72 business hours** (Mon – Thurs 8:30am-5pm and Friday 8:00am to 4:30 pm) in advance of your scheduled appointment, should you need to re-schedule. If you cancel or re-schedule your appointment after the **72 hour window you may be charged** for the time you reserved. Please contact our office if you have any questions or need to re-schedule your appointment (650) 324-1020.

### **Upper Endoscopy:**

Endoscopy is a state-of-the-art method for visual examination of your esophagus, stomach and duodenum, using a lighted flexible video endoscope. You will be sedated with medication, and your throat will be anesthetized with a spray. A small flexible tube will then be gently passed down your throat and into your stomach. Your esophagus, stomach, and duodenum will be carefully examined.

### **Five(5) days before procedure:**

STOP taking iron, aspirin, aspirin products or any other blood thinning medications. These medications may include: Heparin, Coumadin, Plavix, Aspirin and Percodan. You MUST stop any non-steroidal and anti-inflammatory type drugs including: Empirin, Ecotrin, Bufferin, Ascription, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naproxen, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac, and Voltaren Please notify our office if you have a pacemaker, defibrillator or ICD.

- Stop high doses of Vitamin C & E, fish oil or herbal medications
- Tylenol and other brands which contain ACEAMINOPHEN are safe to use prior to procedure.

### **Day of procedure:**

Nothing to eat or drink 6 hours prior to your appointment.