



FAQ's for Endoscopy

Q: Why must I avoid red liquids and red Jell-O?

A: The food dyes commonly used in these items can stain the lining of the GI tract to reddish or “blood colored” hue and red Jell-O can appear to look like clots of blood to the eye.

Q: Is it OK to drink clear alcoholic beverages?

A: No! Do not drink any alcoholic beverages prior to your procedure. Although clear, they can cause dehydration and may cause thinning of the blood.

Q: Can I chew gum or suck on hard candy?

A: **No!** Please refrain from chewing gum and sucking on hard candies four hours prior to arrival.

Q: Can I take my usual medications on the morning of my procedure?

A: You may take your medications in the morning with a small sip of water except for any medications your doctor has specifically instructed you NOT to take. These medications will be identified on your prep instruction sheet. If you are on blood pressure medications it is very important for you to take them as usual unless you have been instructed by our office not to take them.

Q: How long will my procedure last?

A: A procedure is typically 10 - 30 minutes long and depending on your circumstances you will be at our office approximately 1 ½ hours total from check in-time to discharge time.

Q: What should I wear?

A: Please wear comfortable clothes that are easily removable and shoes with no high heels. Short sleeve t-shirts are recommended.

Q: I have facial piercings – why do I need to remove them?

A: For your safety, and due to rare breathing emergencies, piercings of nose, mouth, lips, and tongue will need to be removed before procedure.

Q: I have a cold, upper respiratory virus, sinus congestion, or mild cough. Can I still have my procedure?

A: You should allow 2-4 weeks for your symptoms (cough, congestion, sore throat, post-nasal drip, etc.) to fully resolve to reduce risks related to being sedated. Recent significant or severe respiratory illness or symptoms should be discussed with medical staff for appropriate guidance and adjustments.