

# Endoscopy Procedure Preparation Instructions

Dear [Patient Name],

We are writing to provide you with important instructions to prepare for your upcoming endoscopy procedure scheduled on [Date]. Please read the following guidelines carefully.

## Dietary Restrictions

- For the 24 hours prior to your procedure, please limit your diet to clear liquids only. This includes water, broth, and clear juices.
- Avoid any solid foods, dairy products, or alcoholic beverages.

## Medications

- Continue taking your prescribed medications unless instructed otherwise by your physician.
- If you take blood thinners, please consult your physician regarding usage prior to the procedure.

## Day of the Procedure

- Please arrive at the facility at least [Time] before your scheduled appointment.
- Dress comfortably and avoid wearing any jewelry or accessories.
- If you are diabetic, please discuss your insulin intake with your healthcare provider.

## After the Procedure

- You may experience some mild cramping or bloating post-procedure; this is normal.
- Arrange for a responsible adult to accompany you home after the procedure as you may be advised not to drive.

Should you have any questions or concerns, please do not hesitate to contact our office at [Phone Number].

Thank you for your attention to these important instructions.

Sincerely,

[Your Name]

[Your Title]

[Healthcare Facility Name]