

# Dear Patient,

We are pleased to provide you with important information regarding your upcoming endoscopy procedure. Proper preparation is crucial for the success of your examination. Please follow the instructions below carefully.

## 1. Dietary Instructions

**Three days before your procedure:** Begin a low-fiber diet. Avoid nuts, seeds, whole grains, and raw fruits and vegetables.

**One day before your procedure:** Only consume clear liquids. This includes water, broth, apple juice, and sports drinks.

## 2. Medications

Continue taking your regular medications unless instructed otherwise. Please inform us about any medications that may need to be adjusted prior to your procedure.

## 3. Day of Procedure

Do not eat or drink anything after midnight before your procedure. You may take medications with a small sip of water unless specified otherwise.

## 4. Transportation

Please arrange for someone to drive you home after the procedure as sedation may impair your ability to drive.

## Contact Us

If you have any questions or concerns, please do not hesitate to contact our office at (555) 123-4567.

Thank you for your cooperation.

**Sincerely,**

Your Medical Team