

Pre-Endoscopy Preparation Guidelines

Dear [Patient's Name],

As you prepare for your upcoming endoscopy, please follow the guidelines below to ensure a successful procedure:

1. Dietary Restrictions

Please refrain from eating solid foods for **12 hours** prior to the procedure. Clear liquids are acceptable up to **2 hours** before your scheduled time.

2. Medication Instructions

If you are taking any blood thinners or other medications, please consult with your doctor regarding whether to continue them before the procedure.

3. Transportation Arrangements

Due to sedation, you will need someone to accompany you home. Please make arrangements in advance.

4. Arrival Time

Arrive at the facility **30 minutes** before your scheduled appointment to allow time for check-in and preparation.

5. Questions or Concerns

If you have any questions leading up to your procedure, please do not hesitate to contact our office at [Office Phone Number].

We appreciate your cooperation and look forward to seeing you.

Sincerely,

[Your Name]

[Your Title]

[Your Clinic/Hospital Name]