

## Weill Cornell Medicine — Endoscopy

### Getting Ready for Your Endoscopy Bravo Instructions

Physician's Name: \_\_\_\_\_

Procedure Date: \_\_\_\_\_

*The time of your endoscopy will be given to you three days before your endoscopy appointment.*

#### Your Endoscopy Location

<input type="checkbox"/> <b>David H. Koch Center</b> Endoscopy Center 1283 York Avenue, 8th Floor New York, NY 10065	<input type="checkbox"/> <b>NewYork-Presbyterian Hospital</b> Central Endoscopy Suite 525 East 68th Street, 2nd Floor (Greenberg Pavilion) New York, NY 10065	<input type="checkbox"/> <b>NewYork-Presbyterian Lower Manhattan Hospital</b> Endoscopy Suite 170 William Street, 2nd Floor New York, NY 10038
---	---	---

#### CANCELLATIONS

Scheduling your endoscopy requires careful planning between the staff, doctors, and hospital. To help avoid delays, please follow the "Getting Ready for Your Endoscopy" guide and schedule.

If you must reschedule or cancel, please call us at least 3 days before your endoscopy at **646-962-4000** or email [endoscopyquestions@med.cornell.edu](mailto:endoscopyquestions@med.cornell.edu).

#### What is an Upper Endoscopy with Bravo?

An Upper Endoscopy is a medical procedure in which your doctor examines your esophagus, stomach, and first part of the small intestine using a special camera attached to a flexible tube. This test is also called an EGD. An EGD may be performed to evaluate difficulty swallowing, nausea or vomiting, pain in the stomach or abdomen or chest, bleeding, and ulcers. Wireless Telemetry Capsule (sometimes called Bravo) pH monitoring is a test for identifying the cause for your symptoms which are suspected to be due to gastroesophageal reflux disease (GERD). It allows your physician to evaluate your GERD-like symptoms to determine the frequency and duration of acid coming up into your esophagus and to confirm if your condition may be related to GERD.

#### How is the procedure performed?

Throughout the test period (usually 96 hours — four days), the wireless pH capsule measures the pH in the esophagus and transmits this information to a small recorder worn on your belt for the duration of the study. You will be given instructions on how to use the recorder to create an electronic diary prior to the procedure. You will be given a paper diary to write down the times when you have GERD symptoms (e.g., heartburn, coughing, regurgitation), when eating, and when laying down or sleeping. After the test is complete, you will return the diary and wireless recorder to the David H. Koch Center, 1283 York Avenue, 9th Floor. The test data is then analyzed by your physician to diagnose your

condition. You will have a follow-up visit after the procedure to review test results and recommendations based upon the findings. The recorder must be returned in person — it cannot be mailed back.

### How To Contact Us

- Questions about your endoscopy or preparation: call **646-962-4000** (Mon–Fri, 9 a.m.–5 p.m., excluding holidays).
- After 5 p.m., on weekends, or holidays, an on-call doctor will return your call. Non-urgent calls are returned the next day.
- To reschedule, call **646-962-4000**.
- For urgent medical help, call **911** or go to the nearest Emergency Room.

## GETTING READY FOR YOUR ENDOSCOPY

### As soon as you get a date for your endoscopy:

- A. Review Important Cardiac Clearance Information
- B. Review Important Medicine Information

### 7 days before your endoscopy:

- Stop any proton pump inhibitors (Aciphex, Dexilant, Nexium, Prevacid, Prilosec, or Protonix) or potassium-competitive acid blocker (Voquezna or vonoprazan) at least 7 days prior to your exam. We may ask you to stop the medication for 2–4 weeks prior to allow for the most optimal examination.
- You may take histamine blockers (Pepcid, Axid, Tagamet) in over-the-counter doses up to two days before your procedure.
- Antacids like Maalox or Mylanta are OK until the day before your endoscopy.
- Avoid pain medications, sedatives, and tranquilizers.
- You may continue medications for high blood pressure, diabetes, and heart disease.

### 2 days before your endoscopy:

- Other medications to treat GERD like Baclofen or Sucralfate should be stopped two days before the test.

### 1 day before your endoscopy:

- On the day before the procedure, you can eat solid food until 12:00 midnight.

### Day of your endoscopy:

- After midnight, you may have clear liquids only, up until 6 hours before your procedure.
- **Stop drinking completely 6 hours before your procedure time. This includes gum or candy.**

### After your endoscopy:

- Make sure you have an appointment to return the recorder and the diary after 96 hours to the David H. Koch Center, 1283 York Avenue, 9th Floor (you may not mail it in). The test data is uploaded to a computer and analyzed by your physician to diagnose your condition. The recorder needs to be uploaded and used for another patient, so please return it on time.
- If you have any questions about your medications or the prep, please call 646-962-4463.

**You must have someone who is 18 years or older pick you up and accompany you home after your endoscopy.**

The endoscopy cannot begin until you confirm your plan with our staff. If you cannot confirm your plan, your endoscopy will be cancelled.

Plan to be ready for pickup approximately 1½ to 2 hours from your scheduled endoscopy time.

If you don't have anyone to escort you home, please let us know and we can provide information on service agencies that will accompany you (at cost).

**READ  
CAREFULLY**

**A. IMPORTANT CARDIAC CLEARANCE INFORMATION**

If you have a cardiac defibrillator (AICD), a permanent pacemaker (PPM), or any current cardiac problems, we need a letter from your cardiologist at least **1 week before your endoscopy**.

Cardiac problems include any history of heart attack, chest pain, difficulty breathing, or fainting episodes.

If you have:

Permanent Pacemaker (PPM)	We need an interrogation report <b>within 12 months</b>
Cardiac Defibrillator (AICD)	We need an interrogation report <b>within 6 months</b>

**READ  
CAREFULLY****B. IMPORTANT MEDICINE INFORMATION****BLOOD THINNERS (ANTI-PLATELET MEDICINES)**

If you take blood thinners, **ask your doctor who prescribed these for you if you should stop taking them before your endoscopy.**

If your doctor does not want you to stop taking your blood thinners before your endoscopy, please call our office.

*Commonly prescribed medications:*

apixaban (Eliquis)	heparin
cilostazol (Pletal)	prasugrel (Effient)
clopidogrel (Plavix)	rivaroxaban (Xarelto)
dabigatran (Pradaxa)	ticagrelor (Brilinta)
dalteparin (Fragmin)	tinzaparin (Innohep)
edoxaban (Savaysa)	warfarin (Coumadin)
enoxaparin (Lovenox)	

**DO NOT STOP YOUR ASPIRIN UNLESS YOUR DOCTOR TELLS YOU TO DO SO**

**DIABETIC OR WEIGHT LOSS MEDICATIONS**

<b>If you take:</b>	<b>Do this:</b>
<b>Insulin or oral hypoglycemic pills</b>	<b>Check with your</b> doctor who prescribed these for you as soon as possible for instructions on how to manage these medications before your endoscopy.
<b>SGLT2 inhibitors</b> — Canagliflozin (Invokana or Invokamet), Dapagliflozin (Farxiga, Xigduo XR, or Qtern), Empagliflozin (Jardiance, Synjardy, Glyxambi, or Trijardy XR), Ertugliflozin (Steglatro, Segluromet, or Steglujan), Sotagliflozin (Inpefa), or Bexagliflozin (Brenzavvy)	<b>Stop</b> taking this medicine <b>three (3) days before</b> your endoscopy.
<b>Daily GLP-1 receptor agonist</b> — Liraglutide (Victoza, Saxenda), Exenatide (Byetta), or Semaglutide oral tablet (Rybelsus)	<b>Do not take your dose on the day of your endoscopy.</b> Clear liquid diet the day before your endoscopy.
<b>Weekly GLP-1 receptor agonist</b> — Dulaglutide (Trulicity), Exenatide (Bydureon BCise), Semaglutide injection (Ozempic or Wegovy), or Tirzepatide (Mounjaro or Zepbound)	<b>Stop</b> taking this medicine <b>one (1) week before</b> your endoscopy. Clear liquid diet the day before your endoscopy.

**BLOOD PRESSURE MEDICINE**

Blood pressure medicines, with the exception of diuretics (water pills), **should be taken as usual** on the day of the endoscopy with a sip of water. **Diuretics should not be taken on the morning of the endoscopy.**

## C. EATING BEFORE YOUR ENDOSCOPY

### One (1) Day Before Your Exam:

- On the day before the procedure, you can eat solid food until 12:00 midnight.

### Day of Your Exam:

- After midnight, you may have clear liquids only, up until 6 hours before your procedure.
- You may take your regular medications, unless instructed otherwise by a doctor, with a small sip of water
- Stop drinking completely 6 hours before your procedure time. This includes gum or candy.
- Do not drink or eat anything, including water.
- **If you drink or eat anything, your endoscopy will have to be cancelled**

### Clear Liquid Diet

#### ACCEPTABLE CLEAR LIQUIDS FOR HYDRATING

Water	Ginger ale and other sodas
Black coffee or tea	Clear juices such as apple or white grape juice
Clear broth or bouillon	Plain Jell-O
Sports drink	Frozen juice popsicle

**LIQUIDS MUST NOT BE RED OR PURPLE. DO NOT CONSUME ANY ALCOHOL, JUICE PULP, MILK, CREAM, SOY OR NON-DAIRY CREAMER, OR OTHER LIQUIDS YOU CANNOT SEE THROUGH UNLESS ON THE LIST ABOVE.**

#### You can buy these as needed from the Grocery Store

<p><b>Chicken Bouillon / Broth</b> <i>(No noodles or solids in the broth)</i></p> 	<p><b>Jell-O / Gelatin or Ice Pops</b> <i>(No flavors with red coloring)</i></p> 	<p><b>Ginger Ale or Clear Juice</b> <i>(Any brand)</i></p> 
---	--	--

## D. WHAT TO EXPECT — DAY OF ENDOSCOPY

### BEFORE YOUR ENDOSCOPY

When you arrive, you will be asked to register and sign several forms. You also have the option to check in online through MyChart. You will need to state and spell your name and date of birth to verify your identification.

After changing into a hospital gown, a nurse will place an intravenous (IV) catheter in your arm. An anesthesiologist will review your medical history. Your doctor will explain the procedure in more detail, including any risks, and answer any questions you have.

You will be brought into the procedure room and attached to equipment that will monitor your heart, breathing, and blood pressure. You will receive oxygen through your nose. You will be given anesthesia through your IV, which will make you fall asleep. The doctor will use a scope to examine your esophagus, stomach, and small intestine.

**IMPORTANT!** Due to hospital policy, you must have someone 18 years or older pick you up and escort you home after your procedure.

The procedure will not begin until this plan has been made. If you are unable to confirm, your appointment will be cancelled.

Plan to be ready for pickup approximately 1.5–2 hours from your scheduled procedure time.

If you don't have anyone to escort you home, please let us know and we can provide information on service agencies that will accompany you (at cost).

### AFTER YOUR ENDOSCOPY IN THE RECOVERY ROOM

You will wake up in the recovery room. Some people may feel bloated or have stomach cramps after an endoscopy. This is normal and goes away by passing gas.

Once you are fully awake, your nurse will remove your IV. Your doctor will then discuss your procedure results. Your nurse will explain your discharge instructions before you go home. Your escort will then take you home.

### AT HOME

If you had a biopsy, the results will be available in 7–10 days. Do not drink alcoholic beverages for 24 hours after your procedure. Avoid carbonated beverages, raw fruits, and salads at your post-procedure meal. You may resume your normal diet and activities the next day.

### CALL YOUR DOCTOR'S OFFICE IF YOU HAVE:

- A temperature of 101°F (38.3°C) or higher
- Severe stomach pain or increasing size and firmness of your abdomen
- Heavy bleeding from your rectum that lasts more than 24 hours
- Weakness, faintness, or nausea/vomiting