

## Weill Cornell Medicine — Endoscopy

### Getting Ready for Your Endoscopy E-POEM 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
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#### 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 a POEM Procedure?

A POEM procedure is done to treat achalasia via endoscopy in a non-invasive manner. Peroral endoscopic myotomy (POEM) is the newest and least invasive surgical approach for severe achalasia. It may also be the most effective procedure for loosening the lower esophageal sphincter and improving swallowing in patients with achalasia (all types) or esophageal spasm. Research conducted here at Weill Cornell continues to study the effectiveness of this promising technique. During this procedure, the gastroenterologist guides an endoscope — a thin, flexible tube with a camera at the end — through the mouth and into the esophagus. The endoscope is attached to a tiny scalpel, which is used to perform the procedure.

#### 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

**10 days before your endoscopy:**

- A. Send us Cardiac Clearance information if it applies to you
- B. Follow Important Medicine Information guidelines if they apply to you

**5 days before your endoscopy:**

- A. Start to Follow Your Endoscopy Preparation Instructions

**Day of your endoscopy:**

**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

### Ten (10) Days Before Your Exam:

- You should be taking Diflucan (fluconazole) for 10 days, as prescribed, prior to your procedure date. This is to prevent a fungal infection of the esophagus. Call us at 646-962-4000 if you have not received the medication.

### Two (2) Days Before Your Exam:

- Do not eat solid food
- You should be on a clear liquid diet for the entire 2 days before your endoscopy (unless a longer duration is specified by your doctor)

### Day of Your Exam:

- Do not eat anything
- You may have a small amount of clear liquids until 2 hours before your appointment
- You may take your regular medications, unless instructed otherwise by a doctor, with a small sip of water

### Two (2) Hours Before Your Exam:

- Do not drink or eat anything, including water. This includes mints or candies
- 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**

**Chicken Bouillon / Broth**

*(No noodles or solids in the broth)*



**Jell-O / Gelatin or Ice Pops**

*(No flavors with red coloring)*



**Ginger Ale or Clear Juice**

*(Any brand)*



## 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, chest pain, or have stomach cramps after an endoscopy. This is normal and goes away by passing gas and with some pain medication. You may need to stay in the hospital overnight to make sure there are no complications. You may not eat anything post-procedure until your physician approves it. The morning after your procedure, you may need a barium swallow to rule out leaks. After this, you will be told that you may start drinking clear liquids. Your nurse will explain your discharge instructions before you go home. Your escort will then take you home.

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.

### FOODS YOU CAN EAT POST-PROCEDURE

- 2–3 days of clear liquids, then:
- 2–3 days of full liquids (yogurt, pudding, ice cream, etc.), then:
- 2 days of soft foods (anything that you can mash with a fork lightly), then:
- You may advance your diet to regular food as tolerated

## **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.

## **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