



Physicians Name: _____

Procedure Date: _____

The time of your endoscopy will be given to you 48 hours before your endoscopy appointment.

Your Endoscopy Location:

**David H Koch Building
Endoscopy Center**
1283 York Avenue, 8th Floor
New York, NY 10065

New York Presbyterian Hospital
Central Endoscopy Suite
525 East 68th Street, 2nd Floor
Greenberg Pavilion
New York, NY 10065

**Lower Manhattan Hospital
Endoscopy Suite**
170 William Street,
2nd Floor
New York, NY 10028

CANCELLATIONS

Scheduling your endoscopy requires careful planning between the staff, doctors, and hospital. To help avoid delays, it is important that you 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 us at 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, also called 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. This allows the doctor to view the procedure on a computer monitor in the operating room. The endoscope is attached to a tiny scalpel, which is used to perform the procedure.

How To Contact Us

- If you have questions about your endoscopy or preparation, call 646-962-4000 Monday-Friday (excluding holidays) 9:00 a.m. – 5:00 p.m.
- If you are calling Monday-Friday after 5:00 p.m., during the weekend, or on a holiday, an on-call doctor will return your call. If not urgent, they will call you back the next day.
- If you need to reschedule your endoscopy for any reason, please call 646-962-4000.
- If you need medical help urgently, call **911** or go to the nearest **Emergency Room**.

GETTING READY FOR YOUR ENDOSCOPY

As soon as you get a date for your endoscopy you need to (see all the details below):

- 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 are not able to confirm your plan we will need to cancel your endoscopy.

We estimate that you should be ready to be picked up approximately 1 ½ 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 you with information on service agencies that will accompany you (at cost).



A. IMPORTANT CARDIAC CLEARANCE INFORMATION

If you have a cardiac defibrillator (AICD) or 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 within 12 months
Cardiac Defibrillator (AICD)	We need an interrogation report within 6 months



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

If you take:	Do this:
Insulin or oral hypoglycemic pills	Check with your doctor who prescribed these for you as soon as possible for instructions on how to manage these medications before your endoscopy.
SLGT2 inhibitors - Canagliflozin (Invokana or Invokamet), Dapagliflozin (Farxiga, Xigduo XR, or Qtern), Empagliflozin (Jardiance or Synjardy, Glyxambi, or Trijardy XR), Ertugliflozin (Steglatro, Segluromet, or Steglujan) or Sotagliflozin (Inpefa), or Bexagliflozin (Brensavvy)	Stop taking this medicine three (3) days before your endoscopy.
Daily GLP-1 receptor agonist - Liraglutide (Victoza, Saxenda), Exenatide (Byetta), or Semaglutide oral tablet (Rybelsus)	Stop taking this medicine on the same day as your endoscopy
Weekly GLP-1 receptor agonist - Dulaglutide (Trulicity), Exenatide (Bydureon BCise), Semaglutide injection (Ozempic or Wegovy), or Tirzepatide (Mounjaro or Zepbound)	Stop taking this medicine one (1) week 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 (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.

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.

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. Avoid carbonated beverages, raw fruits, and salads at your post-procedure meal. You may resume your normal diet and activities the next day.

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.

We estimate you should be ready to be picked up 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 you with information on service agencies that will accompany you (at cost).



CALL YOUR DOCTORS 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