



UPPER ENDOSCOPY: How to Prepare Before Your Procedure

Physician Name: _____

Procedure Date: Mon Tues Wed Thurs Fri _____

Procedure Time: _____ AM / PM **Arrival Time:** _____ AM / PM

Location of your Procedure:

**New York-Presbyterian Hospital:
2 Central Endoscopy Suite**
Address: 525 East 68th Street 2nd Fl. Greenberg Pavilion
(between York Avenue and the East River)
_Tel: 212-746-4414

Manhattan Endoscopy Center
Address: 535 Fifth Ave, 5th Fl
(44th St. between Madison Ave and Fifth Ave)
_Tel: 212-682-2828

**New York-Presbyterian Hospital:
F-10 Ambulatory Cantor Surgery Center**
Address: 525 East 68th Street, 10th Fl. Payson Building
(between York Avenue and the East River)
_Tel: 212-746-5035

**New York-Presbyterian:
Lower Manhattan Hospital - Endoscopy Suite**
Address: 170 Williams Street, 2nd floor
(between Beekman Street and Spruce Street)
_Tel: 212-312-5336

WHAT TO EXPECT:

Upon arrival, staff members will ask you to state and spell your name and date of birth. There will be multiple forms for you to sign. After changing into a hospital gown, an intravenous (IV) catheter will be placed. 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 then sign consent. You will be brought into the procedure room and you will be attached to equipment to monitor your heart, breathing and blood pressure. You will receive oxygen through your nose. You will be administered anesthesia through your IV, which will make you fall asleep. Your physician will place a small, flexible tube through your mouth, down the esophagus and into the stomach and the beginning of the small intestine. Biopsies may be taken for analysis.

IMPORTANT! Due to endoscopy unit 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 arrangement has been made. If your escort is not confirmed, 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).

THE DAY BEFORE YOUR PROCEDURE

- On the day before the procedure, you can eat solid food until **12:00 midnight**
- After midnight, you may have clear liquids only, up until 4 hours before your procedure
- Please stop drinking completely 4 hours before the procedure time. This includes gum or candy

THE CLEAR LIQUID DIET: Liquids must be clear, nothing red or purple in color

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| <ul style="list-style-type: none"> • Water, Coconut water • Fruit juices <u>without</u> pulp – apple, white grape juice, strained lemonade (no orange juice) • Clear broth or any flavor bouillon (made from cubes or powder packets only, avoid canned or boxed broth) • Gatorade®, Kool-Aid®, Crystal-lite®, Vitamin Water® | <ul style="list-style-type: none"> • Soda and iced tea, regular or diet • Jell-O® gelatin <u>without</u> added fruit or toppings • Popsicles, ices or sorbet (i.e. lemon, peach, or mango) • Honey, sugar, and clear hard candies • Tea or coffee <u>without</u> milk, cream, or non-dairy creamer |
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YOU MAY NOT HAVE smoothies or blended fruit or vegetable drinks. You may not have any dairy products or non-dairy products such as almond milk, rice milk or soymilk. If you cannot see through it, if it has pulp or contains anything that you need to chew in order to swallow... **DO NOT DRINK IT!**

THE DAY OF YOUR PROCEDURE:

- After your procedure, you will be taken to the recovery room. Once you are awake, your physician will discuss procedure results
- If a biopsy was taken, the results should be ready approximately 7-10 days after the procedure
- We estimate that you should be ready to be picked up approximately 1.5-2 hours from your scheduled procedure time. Please provide your escort the facility contact information in case they are delayed to pick you up
- You should not drive or drink alcohol until the following day



IMPORTANT PLEASE READ DIRECTIONS CAREFULLY AT LEAST 10 DAYS BEFORE YOUR PROCEDURE!

ARE YOU TAKING ANTI-PLATELET MEDICATION or BLOOD THINNERS?

Depending on your clinical situation, you may be advised to stop these medications for 1-10 days before your procedure. Please discuss these medications with your gastroenterologist.

EXAMPLES of commonly prescribed medications:	warfarin (Coumadin®)	dalteparin (Fragmin®)	tinzaparin (Innohep®)	enoxaparin (Lovenox®)
clopidogrel (Plavix®)	cilostazol (Pletal®)	dabigatran (Pradaxa®)	apixaban (Eliquis®)	rivaroxaban (Xarelto®)
aspirin/dipyridamole (Aggrenox®)	prasugrel (Effient®)	ticagrelor (Brillinta®)	edoxaban (Savaysa®)	Heparin

DO YOU HAVE AND AICD* or CURRENT/HISTORY OF CARDIAC ISSUES

A clearance letter from your cardiologist is required at least 2 days before the procedure

***AICD** stands for **A**utomatic **I**mplantable **C**ardioverter **D**efibrillator. We will need to know the make and model of the device.

Cardiac issues are events such as chest pain, trouble breathing that is new or worse, or you have fainted in the past 6 weeks.

DO YOU HAVE DIABETES or HYPERTENSION?

We may need to adjust your medication before your procedure

Diabetics taking insulin or oral hypoglycemic pills should check with their doctor about this medication. Ask the doctor who prescribes your diabetes medication what you should do the day before and the morning of your procedure. Tell your doctor you will be drinking a sugar-free clear liquid diet the day before your procedure.

Blood pressure medication should be taken as usual on the day of the exam with a sip of water except diuretics (water pills), which should not be taken on the day of the exam.

ARE YOU TAKING ASPRIN, IBUPROFEN, NARCOTICS (opioids) or ANY OTHER MEDICATION DAILY?

You may need to stop these medications 5-7 days before your procedure.

Examples of Narcotics (opioids): fentanyl, morphine, hydrocodone (Vicodin®, MSContin®), oxycodone (Oxycontin®, Percocet®)

If you need to take a pain reliever within 5 days before your procedure, please use acetaminophen (Tylenol)

If you have any questions about the preparation instructions, please call:

Division of Gastroenterology and Hepatology Tel: 646-962-4800 Tel: 646-962-4000 <input type="checkbox"/>	Jay Monahan Center for Gastrointestinal Health Tel: 212-746-4014 <input type="checkbox"/>	Jill Roberts Inflammatory Bowel Disease Center Tel: 212-746-5077 <input type="checkbox"/>	Center for Liver Disease Tel: 646-962-4040 Tel: 646-962-5483 <input type="checkbox"/>	WCM: Lower Manhattan Hospital Tel: 646-962-5110 <input type="checkbox"/>
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