

Upper Endoscopy: How To Prepare Before Your Procedure

PROCEDURE DATE: _____

PROCEDURE TIME: _____

PLEASE ARRIVE AT: _____

LOCATION OF YOUR PROCEDURE:

New York-Presbyterian Hospital, Endoscopy Suite, 525 East 68 Street, Greenberg Floor 2

Center for Specialty Care, 50 East 69 Street (Park and Madison Avenues). Tel: 212-249-8000

WHAT IS AN UPPER ENDOSCOPY?

An upper endoscopy is a procedure that is used to allow your physician to view the inside of the esophagus, stomach, and part of the small intestine to detect esophagitis, ulcerations, or other medical conditions. A small, flexible tube with a camera is placed through the mouth, down the esophagus, and into the stomach and small intestine. If any abnormalities are observed, your physician may take a small sample of tissue, called a biopsy, for analysis. In most cases, you will receive a sedative to make you asleep and comfortable before the procedure begins.

IMPORTANT MEDICATION INSTRUCTIONS → 7-10 DAYS BEFORE YOUR PROCEDURE



- **If you are taking any anti-platelet medications**, such as clopidogrel (Plavix) or ticlopidine (Ticlid), or any blood-thinning medications, such as warfarin (Coumadin), please let us know. Depending on your clinical situation, we may advise you to stop these medications for 1 to 10 days before your procedure. We will need to consult your cardiologist or prescribing physician to make this recommendation. Please do NOT stop your medications before we are able to consult your cardiologist or prescribing physician and advise you.
- **If you are taking aspirin or ibuprofen**, please let us know. Depending on your personal clinical situation, you may need to stop these medications 5 to 7 days before your procedure. If you need to take a pain reliever within 5 days before your procedure, please use acetaminophen (Tylenol).
- **Beginning 5 days before your procedure**, please avoid taking iron supplements (or multi-vitamin containing iron); or Vitamin E, Fish Oil/Omega 3, black cohosh, ginseng, ginkgo biloba, St. John's wort, or other herbal preparations until after your procedure.
- Beginning 5 days before your procedure, please avoid foods with seeds (raspberries, strawberries, sunflower seeds).
- **If you have diabetes, hypertension, or are taking a daily medication**, please let us know so that we may advise you on whether or not you will need to stop your medication before your procedure. Please do NOT stop your medication before we are able to advise you.

THE DAY BEFORE YOUR PROCEDURE:

- On the day before your procedure, you can eat solid food until **12:00 midnight**.
- After midnight, you may have **clear liquids-only**, up until **6 hours** before your procedure.
- **Please stop drinking completely 6 hours before your procedure time. This includes gum and candy in the mouth.**

THE DAY OF YOUR PROCEDURE:

- After your Upper Endoscopy is completed, you will be taken to the recovery room. Once you are awake, your physician will tell you about the procedure results.
- If your physician took a biopsy during the procedure, the biopsy results should be ready approximately 7-10 days after the procedure.



Important

Due to hospital policy, you must have someone pick you up and escort you home after your procedure *The hospital will not begin the procedure until this arrangement has been made.*

- We estimate you should be ready to be picked up approximately 1.5-2 hours from your scheduled procedure time. Please provide facility contact number to your escort for any delay information.
- You will **NOT** be able to drive or operate machinery until the next morning

If you have any questions about the prep instructions,
Please call **The Jay Monahan Center at 212-746-4014**