

Upper Endoscopy Preparation

Seven Days Prior to Your Endoscopy

- ✓ Stop taking Aspirin and NSAID's (Ibuprofen, Naprosyn, Mobic, Advil, Motrin, Aleve, Excedrin etc.). You are allowed to take Tylenol
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids)
- ✓ If you are on Coumadin (Warfarin) or Plavix (Clopidogrel) you should discuss with your Primary Care Doctor when these medications should be stopped
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure

The Day Before Your Endoscopy

- ✓ In order to conduct the endoscopy in a thorough and safe fashion, your stomach must be completely empty for at least 8 hours. Therefore, **after midnight** you are NOT allowed to take anything by mouth until after your exam is completed. If this is not followed strictly your endoscopic exam will be **CANCELLED**
- ✓ The ONLY exceptions are for those with an Endoscopy scheduled **after 12:30pm**, in that case you will be allowed to have Clear Liquids **UP UNTIL 5 hours prior to your test** (for example, if your test is scheduled at 2:00pm you may have 1-2 clear beverages up until 9:00am. After that point you are NOT allowed to have anything)

Food Category

Allowed

Clear Liquids

Water, Tea or coffee (without milk), Apple Juice, Grape Juice, Carbonated Beverage, Ginger Ale, Crystal Light, Gatorade, Jello

The Day Of The Endoscopy

- ✓ Unless otherwise instructed by your doctor, you may take all your **prescription** medications with a sip of water. If you use inhalers for Lung problems, please bring them with you
- ✓ Do not smoke the day of the procedure
- ✓ You must arrive **15 MINUTES** prior to the scheduled procedure.
 - ❑ 1205 Franklin Avenue, Garden City NY 11530 (516) 650-3355
- ✓ Because of the medication you will receive during the procedure, **someone must accompany you home**. For the remainder of the day you will be required to rest at home and not operate a vehicle.

Cancellation Policy

We ask that if for some reason you must cancel your procedure, please notify our office within 24 hours prior to your procedure. Failure to do so will result in a **\$75.00** charge to your account.

