



Upper Endoscopy Preparation Instructions:

Name: _____

Procedure: Upper Endoscopy

Physician: _____

Location: Mather Hospital Advanced Surgery Center of LI

Date of Procedure: _____/_____/_____

Arrive at: _____ am / pm _____.

Please note: As a courtesy to other patients and to your doctor, please call as soon as possible at (631) 978-7700 if you are unable to keep your appointment.

****Attention****

Your procedure time is not finalized until the day prior to your scheduled date. You will be called the day before the procedure with a final procedure time and a final time to arrive at the Endoscopy Location. Due to scheduling needs of the 2 facilities where these procedures are performed, your procedure time given today may be changed. Usually this means that your procedure time will be moved up earlier in the day. Additionally, the facilities may call to obtain medical and insurance information to expedite authorization for your procedure. You **MUST** respond to these phone calls.

Upper Endoscopy is a routine, safe, pain-free procedure used to examine the esophagus, stomach and upper portion of the small intestine. In order for your doctor to get the best examination possible, your stomach will need to be empty; any food remaining in the stomach can hide lesions, may be dangerous and may result in the need to repeat the upper endoscopy.

AS SOON AS POSSIBLE

1. Make arrangements for a responsible adult to accompany you when leaving the procedure, even if you taking public transportation. **Your procedure may be canceled if we cannot confirm your transportation on the day of the procedure. Taxi and Uber® drivers are not acceptable.**
2. If you take any medications that increase your risk of bleeding, you must ask the prescribing doctor when to stop taking the medication before the procedure. The most common of these medications include but are not limited to:
 - Warfarin (Coumadin®)
 - Clopidogrel (Plavix®)
 - Ticagrelor (Brilinta®)
 - Effient (Prasugrel®)
 - Rivaroxaban (Xarelto®)
 - Apixaban (Eliquis®)
 - Dabigatran (Pradaxa®)
 - Enoxaparin (Lovenox®)
 - Alleve, Naprosyn, Ibuprofen, Motrin, Advil, Mobic, Celebrex and other Non-steroidal Anti-Inflammatory Drugs (NSAIDs)

You may continue taking aspirin unless otherwise instructed

3. For patients with diabetes
 - Talk to your diabetes doctor about adjusting the dose of insulin the day before your procedure
 - If you use an insulin pump, a letter from your endocrinologist giving clear instructions on adjustments for basal rate before and during the procedure will be required.
 - If you use oral diabetes medications, do not take these medications on the morning of your procedure
4. If you have a pacemaker or defibrillator, please make sure your doctor is aware and bring the device card with you to your procedure



2 DAYS PRIOR TO ENDOSCOPY

- Confirm your transportation for the day of your procedure
- Please call if you need to reschedule your procedure

1 DAY PRIOR TO ENDOSCOPY

- **Nothing to eat or drink from midnight the night before your procedure**

ON THE DAY OF YOUR ENDOSCOPY

- **Nothing to eat or drink from midnight the night before your procedure**
- **No gum or hard candies**
- **Take your heart and blood pressure medications with a sip of water on the day of your procedure.**
- **Do not take any insulin or oral diabetes medications**
- Bring a list of your current medications
- Bring your defibrillator/pacemaker card if you have one
- Wear comfortable loose fitting clothing and flat shoes or sneakers.
- Do not wear jewelry or bring any valuables
- Do not wear contact lenses
- Report to:

➤ Mather Hospital
Cody Ambulatory & Inpatient
Surgical Pavilion
75 North Country Road
Port Jefferson, NY 11777

➤ Advanced Surgery Center of
Long Island.
1500 Route 112
Building 5
Port Jefferson Station, NY 11776

1 Hour Before Your Scheduled Procedure Time

- You should expect to be at the facility for approximately 2-2.5 hours from time of registration to discharge from the endoscopy suite