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ENDOSCOPY INSTRUCTIONS

You have been scheduled to undergo an upper endoscopy. It involves passing a flexible fiberoptic endoscope through the mouth to examine the esophagus, stomach, and upper small intestine. This exam is frequently performed to evaluate the cause of upper abdominal discomfort and acid reflux. **An Anesthesiologist and/or a Certified Nurse Anesthetist is usually present during the endoscopy to administer medications and to ensure your comfort, safety and prompt recovery following the procedure.**

HOW DO I PREPARE MYSELF FOR THE TEST?

On the day before the test, you may have your regular meals. You may not have anything to eat or drink after midnight.

On the morning of the test, you may take your regular medications with a few sips of water unless otherwise instructed by your Doctor, but not within 2 hours of the procedure. You should discontinue any aspirin or anti-inflammatory agents for 3 days prior to the exam (if you have a cardiac stent you must stay on aspirin). If you are taking any of the following medications, please let your gastroenterologist know right away as they may need to be stopped for a longer period of time: Aspirin - dipyridomole (Aggrenox), Clopidogrel (Plavix), Coumadin (warfarin), Dipyridomole (Persantine), Heparin, Lovenox, Ticlopidine (Ticlid), Rivaroxaban (Xarelto), Apixaban (Eliquis), Dabigatran (Pradaxa), Prasugrel (Effient), Ticagrelor (Brillinta). Please do not wear jewelry to the test.

Since you may receive a sedative during the examination, **you MUST prearrange to have an escort pick you up from the procedure.** *(It is not adequate to simply have someone wait for you outside the office- they need to physically escort you out of the office.)*. **If you do not have someone that can be your escort, you should call Partners In Care (212-609-7706) and you**

can hire an aide to pick you up (the fee is about \$80). Failure to have an escort will result in cancellation of your procedure and a \$250 fee. You will need to arrive at the NYU ACC Endoscopy unit one hour before your appointment is scheduled and expect to be there for a total of about 2 hrs. **If you are a female and may potentially be pregnant, please schedule the procedure at a time when you are sure that you are not pregnant. If you have an upper respiratory infection or significant cold, please check w/the office to see if you should reschedule your procedure.**

Please do not drive yourself to the procedure, as you will not be able to drive for 12 hours after the procedure.

WHERE DO I GO FOR THE TEST?

The test is performed at the **NYU ACC Endoscopy Center**. It is located at **240 East 38th Street on the 23rd Floor**. This is between 2nd and 3rd avenue. A nurse will contact you 1-2 days prior to the scheduled procedure date to answer any questions, confirm procedure times, and obtain a health history to expedite the admission process. **You must arrive at the facility One Hour before the scheduled appointment** so we can ensure your procedure starts on time. Both the registration and procedure take place on the 23rd floor. Feel free to contact the NYU ACC Endoscopy Center with any questions or concerns at phone number 646-501-9100.

Please call my office 1 week prior to your procedure to confirm your appointment. Please check with your insurance carrier prior to the day of the procedure to confirm coverage of the procedure at the NYU ACC Endoscopy Center.

Cancellations made less than 3 days before your appointment or not showing up for your appointment may result in a fee of \$250.00

Remember not to eat or drink anything after midnight. You can have a few sips of water for your medications but not within 2 hours of the exam.

If you have any further questions, you may also call my secretary at (212) 981-7225. More information on an upper endoscopy can be found on our website at www.mhmg.net.