



Physicians Name: _____

Procedure Date: M T W TH F _____

Arrival Time: _____ AM / PM

Procedure Locations:

New York-Presbyterian Hospital

David H Koch Building

- 1283 York Avenue, 8th Fl.
Tel: 646-697-1868

2 Central Endoscopy Suite

- 525 East 68th Street, 2nd Fl. Greenberg Pavilion
Tel: 212-746-4414

- F-10 Ambulatory Cantor Surgery Center**
525 East 68th Street, 10th Fl. Payson Building
Tel: 212-746-5035

New York-Presbyterian: Lower Manhattan Hospital

Endoscopy Suite

- 170 Williams Street, 2nd Fl.
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 MEDICATIONS 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.

Commonly prescribed medications:

warfarin (Coumadin®)

dalteparin (Fragmin®)

tinzaparin (Innohep®)

enoxaparin (Lovenox®)

clopidogrel (Plavix®)

cilostazol (Pletal®)

dabigatran (Pradaxa®)

apixaban (Eliquis®)

rivaroxaban (Xarelto®)

prasugrel (Effient®)

ticagrelor (Brilinta®)

edoxaban (Savaysa®)

Heparin

DO NOT STOP YOUR ASPIRIN UNLESS INSTRUCTED TO DO SO BY YOUR DOCTOR

DO YOU HAVE A CARDIAC DEFIBRILLATOR (AICD) or CURRENT CARDIAC ISSUES?

A clearance letter from your cardiologist is required at least 1 week before the procedure.

- ◆ Cardiac issues include chest pain, difficulty breathing, or fainting episodes.

DO YOU HAVE DIABETES?

If you are taking insulin or oral hypoglycemic pills, you should check with your doctor for instructions on managing your medications the day before and morning of the procedure.

DO YOU HAVE HYPERTENSION?

Blood pressure medication, with the exception of diuretics (water pills), should be taken as usual on the day of the exam with a sip of water. Diuretics should be held the morning of the procedure.

ARE YOU TAKING DAILY PAIN MEDICATIONS?

NSAIDS (Nonsteroidal Anti-inflammatory Drugs), such as ibuprofen and naproxen, should not be taken 5 days before your procedure. Please use acetaminophen (Tylenol).

Please inform your provider if you are taking daily narcotics.

If you have any questions about your medications or the prep, please call 646-962-4000.