

EAST SIDE MEDICAL PC

Mukul Arya, M.D.

GASTROENTEROLOGY

www.NYCEndoscopy.com



1056 Fifth Avenue, Office #1CD
(Between 86th and 87th Sts.)
New York, NY 10028

T: 646 410 0702 **F:** 855 332 4757

2101 Avenue X, Brooklyn, NY 11235

T: 646 650 5628 **F:** 855 332 4757

UPPER ENDOSCOPY PREPARATION & INSTRUCTIONS

Procedure Date: _____ Time: _____ Arrival Time: _____

Procedure

- Esophagogastroduodenoscopy (EGD)
- Enteroscopy
- Endoscopic Ultrasound (with or without Fine Needle Aspiration FNA)
- Esophageal Dilation
- ERCP

Preparation:

If you are taking Coumadin, Lovenox or anti-platelet agents (Ticlid or Plavix) please discuss this with your physician.

If you are taking weight loss medications such as Ozempic, Wegovy or Mounjaro, the last dose must be at least 7 days before your procedure. You would also have to follow a clear liquid diet the day before your procedure.

THREE days before the examination, discontinue taking non-steroidal anti-inflammatory (NSAID's- Motrin, Advil, Aleve, etc. Tylenol is permitted).

DAY BEFORE do not eat or drink anything after midnight prior to the examination. You must have an empty stomach to allow for an adequate examination. If you have a late afternoon exam, you may have a clear liquid breakfast by 6am. Clear liquids consist of water, tea, soda, broth, coffee, fruit juices, popsicles and jello. No milk or creamer may be used.

MORNING OF EXAMINATION:

You should take your regular medications (blood pressure, heart medicines, etc.) with a tiny sip of water. If in doubt, please ask.

In order for this procedure to be performed, you must have a ride home. You will not be discharged from Endoscopy unless accompanied by an adult who will either drive you home or accompany you home in a taxi or on public transportation.

ABOUT THE PROCEDURE:

Upper Endoscopy is a procedure for examining the walls of the upper gastrointestinal tract including the esophagus, stomach and duodenum (a portion of the upper small intestine). Abnormalities can be directly visualized and tissue samples can be obtained during the same examination. Sedatives are given via an intravenous line in order to make it more comfortable. Any known drug allergies or bad reactions to medicines should be reported prior to the procedure.

The instrument used is a flexible tube containing a hollow channel and a video chip/lens that permits direct visual inspection and allows for the performance of biopsies, hemostasis, injection of medications, dilation, laser probe, etc. At times, a local anesthetic is applied to the back of the throat via spray or gargle to make passage of the instrument easier. The examination usually lasts 5-20 minutes, but duration depends on what needs to be done.

After the procedure, you will be brought to the recovery room. You will remain there for about thirty minutes, but may vary according to your condition. The effects of sedation may last 24 hours. Detailed discharge instructions will be furnished prior to discharge. Please be sure to arrange for a follow up appointment at your physicians to discuss treatment recommendations, plan, medications and biopsy results.

RISKS:

No procedure can guarantee 100% diagnostic accuracy and all involve some risk. The decision to proceed is made after weighing the potential risks and benefits. Serious complications are rare and include, but are not limited to. Perforation, bleeding, infection, aspiration, reaction to medicines, and the need for surgery or transfusion due to one of the above complications. These occurrences are all rare. More commonly, a sore throat and/or a sensation of bloating may occur and persist after the examination. A salt water gargle may provide some relief from the sore throat and the gas will pass spontaneously. If you should develop severe neck, chest, or abdominal discomfort, an elevated temperature, difficulty swallowing or breathing, contact this office immediately. If unable to do so, report to the nearest emergency room for evaluation.

**If you have to cancel your appointment, please call the office at 646-410-0702
We require 48 hour cancellation notice.**

Additional Instructions:
