

PLEASE READ YOUR PACKET



EAST END GASTROENTEROLOGY & HEPATOLOGY

ENDOSCOPY INSTRUCTIONS

PATIENT: _____ **DATE SCHEDULED:** _____

APPOINTMENT TIME: _____ **ARRIVAL TIME:** _____

Location: 287 Wading River Road Unit 2, Manorville, NY 11949

Phone: 631-591-3000 Fax: 631-591-1734

Directions to our Manorville Location:

GPS / GOOGLE MAPS – LI Urgent Care

From LIE Heading East: Take the LIE to Exit 69, south on Wading River Road, Continue South over South Street. Head south towards Sunrise Highway. Manorville Square is located on the left- hand side of Wading River Road before Sunrise highway, across from the Animal Farm Petting Zoo. We share the same parking lot as LI Urgent Care.

From LIE Heading West: Take LIE to Exit 69, Make a Left onto Wading River Road, Continue South over South Street heading towards Sunrise highway, Manorville square is located on the left-hand side of Wading River Road across from the Animal Farm Petting zoo.

From Sunrise Highway Heading West: Take Sunrise Highway to Exit 59, we are located in the same parking lot as LI Urgent care right off of Sunrise highway North service road located behind the EXXON gas station. **From**

Sunrise Highway Heading EAST: Take Sunrise Highway Exit 59 for Wading River Road/ County RD 25 towards Center Moriches- Make a Left at Wading River Road Light(7 Eleven will be to your right) Cross over Sunrise Hwy Bridge, EXXON Gas Station will be on the right. Manorville Square entrance will be on the right-hand side after EXXON.

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PATIENTS THAT CANCEL WITH LESS THAN 72 HOURS NOTICE WILL INCUR A \$100 CANCELLATION FEE

You have been scheduled for an Upper Endoscopy. This information packet will inform you of how best to prepare for the procedure. If you have any questions remaining after reading these instructions, please call our office at 591-3000.

If you are unable to keep your appointment, please give us at least 72 hours notice.

IMPORTANT NOTES:

1. **You must arrange to have someone accompany you for the procedure.** You will NOT Be allowed to drive home, or for the rest of the day. On the day of the procedure, If you arrive without someone to take you home, your procedure will NOT be done.
2. You CANNOT go to work the day of the procedure.
3. You must thoroughly read the instructions on the following pages.

UPPER ENDOSCOPY INFORMATION:

Upper Endoscopy is a diagnostic procedure that uses a thin flexible tube with a camera and a light to examine the lining of your Esophagus, Stomach and first part of the small intestine (duodenum). During the exam, you will be lying on your left side on a stretcher. An intravenous catheter (an "IV") will be placed in a vein in your arm. You will then be hooked up to monitoring equipment to measure your heart rate, blood pressure and oxygen level of your blood. A plastic bite block will be placed in your mouth to protect your teeth. An Anesthesiologist or his/her assistant will administer medicine into your I.V. for sedation (***please notify us of any allergies to medicines***). Once you are asleep and comfortable, the gastroscope will be gently inserted through the mouth and carefully advanced to the small intestine. If an abnormality is seen, your physician may be able to take a biopsy of a small piece of tissue. The entire examination usually lasts from 10 minutes to 30 minutes.

The **benefits** of the procedure include the ability to evaluate gastrointestinal and abdominal symptoms, obtain biopsies, and identify and treat sites of bleeding. Although Upper Endoscopy is a safe procedure, complications can occur. The **Risks** include but are not limited to, **Bleeding** which can occur after biopsy therapy and generally stops on its own but on occasion may require blood transfusion, repeat endoscopy, hospitalization and/or surgery ; **Perforation** which is a puncture or tear in stomach or intestinal wall which may require hospitalization, surgery and may be serious complication that can even cause death; **Reaction to sedation** which very rarely some patients develop low blood pressure, irregular

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heartbeat or difficulty breathing; Missed lesions which, because the test is not perfect, can occur particularly if they are small in size or flat in shape.

DAY BEFORE PROCEDURE:

1. ***DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE THE TEST, NOT EVEN WATER!***
2. You should take your blood pressure and heart medications very early in the morning with a small sip of water.

DIABETIC PATIENTS - *please see diabetic instruction sheet or call the office for any questions.*

WHAT TO EXPECT FOLLOWING THE PROCEDURE:

1. You may experience a mild sore throat, which should slowly improve.
2. You may feel sleepy for an hour or two after the procedure due to Medications you will receive from the procedure.
3. You may burp as a result of the air being instilled into the stomach during The procedure.

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