



EAST END GASTROENTEROLOGY & HEPATOLOGY

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COLO

ENDO

COLO/ENDO

PATIENT: _____ **DATE SCHEDULED:**

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

TIME: _____

PLACE: 496 County Road 111, Building D Suite 2 Manorville, NY 11949

Directions to our Manorville Location:

GPS / GOOGLE MAPS – for address Put in CVS in MANORVILLE

From Points West Via LIE: Take the LIE to Exit 70, County Road 111 toward Manorville/Eastport. At the intersection turn right onto CR 111. Proceed to the entrance to the PBMC buildings in the CVS shopping center and turn right. Building D is the second building on the right. The Suite 2 entrance is on the right side, to the back of the building.

From Points East Via LIE: Take the LIE to Exit 70, County Road 111 toward Manorville/Eastport. At the intersection turn left onto CR 111. Proceed to the entrance to the PBMC buildings in the CVS shopping center and turn right. Building D is the second building on the right. The Suite 2 entrance is on the right side, to the back of the building.

PLEASE NOTE:

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

UPPER ENDOSCOPY (EGD) INSTRUCTIONS

You have been scheduled for a Upper Endoscopy. This information sheet will inform you of how to best prepare for the procedure. If there are any questions remaining after reading these instructions, please call our office. 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, and you may not drive 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. **If you take any blood thinners such as Coumadin, Plavix, Effient, or Pradaxa on a daily basis, you must notify the Doctor immediately. These medications may need to be discontinued prior to your colonoscopy.**
4. **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 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: (If your procedure is on a Wednesday, this would mean midnight Monday which is start of Tuesday)

1. HAVE NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE THE TEST, NOT EVEN WATER!

2. You should take your blood pressure and heart medications early in the morning with a small sip of water. If you are diabetic, 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 for the procedure.
3. You may burp as a result of the air being instilled into the stomach during the procedure.