



EAST END GASTROENTEROLOGY & HEPATOLOGY

287 Wading River Road, Unit 2, Manorville, NY 11949 • 715 Roanoke Avenue, Riverhead, NY 11901
Tel: 631-591-3000 • Fax: 631-591-1734

ENDOSCOPY INSTRUCTIONS

PATIENT: _____

DATE SCHEDULED: _____ **ARRIVAL TIME:** _____

Location: 287 Wading River Road Unit 2, Manorville N.Y. 11949

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

You have been scheduled for a Endoscopy. This information packet will inform you of how best to prepare for your procedure. If there are any questions remaining after reading the packet, please call the office at 631-591-3000.

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 be cancelled. **DRIVERS MUST CHECK IN AT THE FRONT DESK.**
2. You cannot go to work on the day of the procedure.
3. If you take any **BLOOD THINNERS** such as **Coumadin, Plavix, Effient, or Pradaxa** daily, you must notify the provider immediately. **You may need to hold these procedures 48 hours prior to your procedure.**
4. If you take any **GLP-1** medications such as **Ozempic, Zepbound, Wegovy, Semaglutide**, please hold for **1 week prior.**
5. If you take any diabetic medications, please refer to the last page in the packet regarding your medication.

Patients that cancel with less than 72 hours' notice will incur a \$200 Cancellation fee.



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HOW TO FIND OUR OFFICE:

When using GPS/Waze etc. Make sure to enter WADING RIVER ROAD and NOT Wading River Manor Road.

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, diagonally from The Petting Zoo. We share the same parking lot as LI Urgent Care.

From LIE Heading West: Take the 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 West: Take Sunrise Highway to Exit 59, we are located in the same parking lot as LI Urgent care right off Sunrise North Service road located behind the Mobil Gas station.

From Sunrise Highway 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 on your right) Cross over Sunrise Hwy Bridge, Mobil Gas Station will be on the right. Manorville Square entrance will be on the right-hand side.



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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 (IV) will be placed in a vein in your arm/ hand. 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 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 10-30 minutes.

The **Benefits** of the procedure included 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 the stomach or intestinal wall which may require hospitalization, surgery and may be a 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.



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THE DAY BEFORE YOUR PROCEDURE:

- **Do not have anything to eat or drink after midnight the night before your procedure, not even water!**
- If you are on any blood pressure medication or heart medications, please take them very early in the morning with a small sip of water.

WHAT TO EXPECT FOLLOWING THE PROCEDURE:

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