



caremountmedical.com

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ENDOSCOPY INSTRUCTIONS

(must read at least 7 days before exam)

You have been scheduled to undergo an upper endoscopy - a fiberoptic examination of the stomach and small intestine. It involves passing a flexible *fiberoptic* endoscope through the mouth to examine the esophagus, stomach and upper small intestine. This exam is frequently performed to evaluate the cause of upper abdominal discomfort.

HOW DO I PREPARE MYSELF FOR THE TEST?

On the day before the test, you may have your regular meals. You may not have anything to eat or drink after midnight. If you have Diabetes, please bring your own glucometer to test your sugar before the procedure.

On the morning of the test, you may take your regular medications with a few sips of water unless otherwise instructed by your Doctor, but not within 3 hours of the procedure. You should discontinue any aspirin or anti-inflammatory agents for 5 days prior to the exam. Please do not wear jewelry to the test.

Since you may receive a sedative during the examination, you **MUST** prearrange to have an escort pick you up from the procedure. (*It is not adequate to simply have someone wait for you outside the facility-they need to physically escort you out of the facility.*). If you do not have someone that can be your escort, you should call Partners In Care at 212-609-7706 and you can hire an aide to pick you up (the fee is about \$80). Failure to have an escort will result in cancellation of your procedure and a \$250 fee. You will be at the facility approximately 2 hours. If you are a female and may potentially be pregnant, please schedule the procedure at a time when you are sure that you are not pregnant. If you have an upper respiratory infection or significant cold, please check with the office to see if you should reschedule your procedure. Please do not drive yourself to the procedure, as you will not be able to drive for 12 hours after the procedure.

WHERE DO I GO FOR THE TEST?

Your test will be performed in the office at: 240 East 38th Street, 23rd floor.
You should arrive 60 minutes before the scheduled procedure time.

Please call the office 1 week prior to your procedure to confirm your appointment. Please check with your insurance carrier prior to the day of the procedure to confirm coverage of the procedure and NYU facility fees.

Cancellations made less than 3 days before your appointment or not showing up for your appointment may result in a fee of \$250.00

Remember not to eat or drink anything after midnight. You can have a few sips of water with your medications but not within 3 hours of the exam.

If you have any questions regarding the process at NYU, please call the coordinator at (646) 501-8100. PLEASE CALL TWO DAYS IN ADVANCE TO CONFIRM YOUR PROCEDURE BY CONTACTING OUR SCHEDULER AT (212) 726-7447.