

**NORTH SHORE
GASTROENTEROLOGY
ASSOCIATES, P.C.**
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UPPER ENDOSCOPY INSTRUCTIONS

PATIENT: _____ DATE: _____

PLACE: **233 EAST SHORE RD., SUITE 101** ARRIVAL TIME: _____

You have been scheduled for an 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.

Please read instructions carefully.

If you are unable to keep your appointment kindly give us at least 72 hours notice. We have a long waiting list of patients that urgently need procedures and must wait several weeks.

Please note: 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.

You cannot go to work the day of the procedure. You must stay home and relax for the rest of the day!!! You must thoroughly read the instructions on the following pages. Depending on your medications, you may need to take certain precautions as much as a week in advance of the procedure!!! Please call our office with any questions.

WHAT IS AN UPPER ENDOSCOPY?

An upper gastrointestinal endoscopy is a procedure which allows the doctor to examine the esophagus, stomach and first part of the small intestine (duodenum) with a long flexible tube, which is inserted through the mouth. The examination takes 20-45 minutes. However, you will remain in the recovery room until the sedation has worn off. If the doctor sees an abnormality, he can pass an instrument through the endoscope and take a small piece of tissue (biopsy). Taking a biopsy is painless.

PREPARING FOR THE PROCEDURE:

AT LEAST A WEEK PRIOR TO YOUR PROCEDURE:

- Arrange for someone to drive you home from your procedure. **YOU WILL NOT BE ALLOWED TO DRIVE HOME OR TAKE A TAXI WITHOUT AN ADULT (OTHER THAN THE TAXI DRIVER) TO ACCOMPANY YOU.** On the day of the procedure, if you arrive without someone to take you home, your procedure **WILL NOT** be done.
- Arrange to take the day of the procedure off from work. You cannot go to work; you are to stay at home the remainder of the day after the procedure and relax. You may not **DRIVE FOR THE REST OF THE DAY!**
- **If you take any blood thinners such as coumadin, plavix or aspirin on a daily basis,** you must notify the Doctor *immediately*. These medications **may** need to be discontinued prior to your endoscopy.
- **If you OCCASIONALLY take aspirin or an aspirin product (Advil, Motrin, Aleve),** they **MUST** be stopped for the 5 days prior to the procedure.

DAY OF THE PROCEDURE:

- **HAVE NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE THE TEST, NOT EVEN WATER!**
- **You should take your blood pressure and heart medications early in the morning with a small sip of water.** If you must take other medications on the day of the procedure, please call our office.
- **Do not apply any lotion to your chest, arms or legs.**

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.
4. If you experience any after effects other than the above, please call our office at 516-487-2444.

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DEAR PATIENT:

PLEASE BE INFORMED THAT THE ANESTHESIOLOGIST THAT WILL BE ADMINISTERING YOUR ANESTHESIA IS AN OUT OF NETWORK PROVIDER. ANY DEDUCTIBLES OR CO-INSURANCE IS THE RESPONSIBILITY OF THE PATIENT.

OUR ANESTHESIA BILLING OFFICE APPEALS EVERY CLAIM ON YOUR BEHALF. USUALLY WE ARE PAID IN FULL WITH NO OUT OF POCKET COST TO THE PATIENT. IF FOR ANY REASON YOUR INSURANCE COMPANY DOES NOT PAY AND YOU ARE BILLED FOR THE BALANCE, AND YOU HAVE ANY FINANCIAL CONCERNS, PLEASE CONTACT OUR BILLING OFFICE.

CORDIALLY,

NORTH SHORE GASTROENTEROLOGY