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Preparation for Upper Endoscopy

This procedure enables the doctor to visualize the esophagus and upper gastrointestinal tract. It can be helpful in trying to explain symptoms such as pain, vomiting, bleeding or to evaluate abnormal findings on an X-ray. **Please prepare for your exam as follows:**

- **Iron, Vitamin E and multi-vitamins** should be discontinued ONE week prior to your procedure.
- **Aspirin and Plavix** should be discontinued 7 days prior to your procedure. **Please call your prescribing doctor to confer and for further instructions.**
- **Patients taking Coumadin** should discuss this with both the doctor prescribing the medication and Dr. Markowitz. If it is safe to stop the drug, we typically will choose to do so 4 days prior to the procedure and check a PT/INR blood test 1 day before your procedure. If the doctor prescribing the Coumadin feels it is safer to leave the patient on the medication, we can still do the endoscopy, but we will be unable to remove polyps and take biopsies. **Please be sure your lab results are submitted to our office the day before your procedure.**
- Insulin dependant Diabetics should **call your prescribing doctor for instructions.**
- If you have a heart valve problem, heart murmur or joint prosthesis, please be aware that antibiotic prophylaxis is now usually not recommended. If you are more comfortable receiving it, however, you should contact our office to arrange this for your procedure.

- If you have any Allergies please inform our office at least 3 days before your procedure.

The day before the procedure

- ❖ You should take all your regular medication except those listed in the beginning of these instructions.
- ❖ You should have nothing to eat or drink **6 hours before your procedure.**

The day of the procedure

- ❖ You should have nothing to eat or drink **6 hours before your procedure. Depending on the time of your procedure a light non- fiber breakfast is okay (e.g. coffee and yogurt is an example of a light breakfast).**
- ❖ Take your regular medications, except as advised in the beginning of these instructions.
- ❖ Please bring all insurance information including referrals and insurance cards with you on the day of the procedure. On arrival, please check in with the receptionist and she will direct you to the Billing Personnel.
- ❖ You will be provided with an opportunity to ask questions and to discuss the procedure.

During the procedure

- ❖ A small intravenous will be started to administer medication to relax you. A local anesthetic will be sprayed at the back of your throat to decrease your gag reflex.
- ❖ You may feel some abdominal bloating. This is due to air that is used to distend the stomach. The air (or gas) is usually passed shortly after the procedure.

After the procedure

- ❖ After finishing the examination, the doctor will discuss the findings with you. **If a biopsy or other specimen is taken, the results will be available within 5 – 7 days to the doctor. If there is an abnormality, the doctor will notify you by telephone. If the results are normal, you will receive**

a letter from our office within 7 - 10 days. Please do not call the office for results.

- ❖ The nurse will monitor your blood pressure and let you know when you may leave. This is usually forty five to sixty minutes after the examination.
- ❖ **You are required to have someone meet you to escort you home. A small amount of sedation will be used and you will not be allowed to drive.**

The procedure will be performed at:

Columbia University Medical Center
Herbert Irving Pavilion, (Dana Atchley Pavilion)
161 Fort Washington Avenue, at 165th St.
Outpatient Endoscopy Suite
13th floor

Please arrive 30 minutes before your scheduled appointment time.

Thank you!