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## **ENDOSCOPY PREPARATION**

**PLEASE READ THESE INSTRUCTIONS AT LEAST ONE WEEK PRIOR TO YOUR PROCEDURE.**

Your procedure time is scheduled for \_\_\_\_\_

### **One week prior to the procedure:**

You should stop Vitamin E, herbal supplements and aspirin containing medications or NSAIDs (non-steroidal anti-inflammatory drugs - e.g. Celebrex, Motrin, Advil, Aleve, Nuprin, Naprosyn, and others)

### **On the day of the procedure:**

1. Have nothing to eat or drink after 12:01 am on the day of the procedure
2. Take your medication upon awakening with **sips of water only** (if you normally take your medication at a time that is earlier than your scheduled appointment time. If you take medication for Diabetes, you should hold the medication until after the procedure (you can take your medication with you to the office).
3. **Report to our office: 345 East 37<sup>th</sup> Street, Suite 304, New York, NY 10016**, at the time indicated above.
4. **You should have someone pick you up one hour after your scheduled arrival time**, as you will be receiving sedation prior to your procedure.
5. Please contact my office if you have questions regarding the preparation for the endoscopy.
6. **A minimum of 24 hours notice for cancellation is required.**  
**On the day of the procedure you are advised not to drive a car or operate any heavy machinery.**