



Westchester
Health

Westchester Health
60 Goldens Bridge Road
Katonah, NY 10536
(914) 232-1919, ext. 2014

Professional Medical Services of Westchester
15 N. Broadway, Area H (Lower Level)
White Plains, NY 10601
(914) 368-7251

PREPARING FOR YOUR ENDOSCOPY

Procedure Date: _____ Arrival Time: _____

Preparation:

You have been scheduled for an Upper GI Endoscopy. This is an examination of your upper GI tract (esophagus, stomach and duodenum). Intravenous sedation is given to make the exam more comfortable. We insert a flexible tube (endoscope) into your mouth and look at the upper part of your digestive system. **If you have a morning appointment, you cannot eat or drink anything after midnight.** For afternoon appointments, you may have black coffee or apple juice before 6 AM.

Your stomach must be empty for us to perform the test.

Please arrange for someone to drive you home after the procedure, as you will experience impairment due to the effects of anesthesia and should not drive yourself. **Your procedure will be canceled if you do not have someone to drive you home.**

SPECIAL MEDICATION INSTRUCTIONS

- Continue taking your other prescribed medications (e.g., blood pressure pills) as usual. If you have questions about your medications, call your prescribing physician.
- Diabetic patients – if you take an oral hypoglycemic (“sugar pill”), do not take it the day of your procedure. If you take insulin, you should only take half (1/2) of your usual scheduled insulin dose before your procedure.
- If you have an internal defibrillator device (AICD) please bring your card to give your nurse. You will need to know the name brand of your device prior to your procedure.