



GASTROENTEROLOGY  
CENTER of NEW YORK

## UPPER ENDOSCOPY INSTRUCTIONS

### East Side Endoscopy

380 2<sup>nd</sup> Avenue  
Concourse A (lower level)  
Between 21<sup>st</sup> & 22<sup>nd</sup> Street  
New York, NY 10010  
(212) 375-1065

YOU ARE SCHEDULED TO HAVE AN ENDOSCOPY ON \_\_\_\_\_

YOUR ARRIVAL TIME IS \_\_\_\_\_ WITH DR. RUBINOV

Telephone number to your Physician (718) 210-2960

### MEDICATIONS:

#### PLEASE DO NOT TAKE:

15 DAYS PRIOR TO EXAM:	If you are on a GLP-1 agonist (Ozempic, Wegovy, Trulicity, Mounjaro, Saxenda, Victoza, Rybelsus, and Byetta); please hold for minimum of 2 dosing intervals (should be held for a minimum of 15 days. Contact prescribing physician to manage care during this time if taken for diabetes.
7 DAYS PRIOR TO EXAM:	Effient, Ibuprofen (Advil, Motrin/Aleve)
5 DAYS PRIOR TO EXAM:	Brillinta, Coumadin, Plavix
3 DAYS PRIOR TO EXAM:	Artrixa NO ILLICIT DRUGS (Cocaine, methamphetamines, etc.)
2 DAYS PRIOR TO EXAM:	Persantine
1 DAY PRIOR TO EXAM:	Xarelto, Eliquis, Pradaxa, Lovenox, Fragmin, Innohep, NO Marijuana, Alcoholic beverages
1 DAY PRIOR TO EXAM:	Oral diabetic medications (i.e Metformin, Glucophage etc.)
MORNING OF EXAM	Do not take insulin

- You may also wish to discuss the risks and benefits of temporarily discontinuing these medications with your family physician or cardiologist.

#### PLEASE TAKE:

1 DAY PRIOR	If you are on an Aspirin regimen; please continue it prior to your exam
1 DAY PRIOR	If you use insulin; give yourself ½ the units (The procedure will be canceled if your blood glucose is over 300.
MORNING OF EXAM	Please continue to take medication for heart disease, high blood pressure or seizures on the morning of your exam with a small sip of water

1. NOTHING TO EAT OR DRINK FOR EIGHT (8) HOURS PRIOR TO THE PROCEDURE.
2. YOU MUST HAVE AN ESCORT TO TAKE YOU HOME AFTER THE PROCEDURE. IF YOU DO NOT HAVE AN ESCORT, YOUR PROCEDURE WILL BE CANCELLED.
3. ANY QUESTIONS REGARDING ANESTHESIA INCLUDING THE BILLING PLEASE CALL YORK ANESTHESIOLOGY AT 631-264-2035.
4. If for any reason you need to cancel your procedure, you must call at least 48 hours in advance to allow other patients to be scheduled for procedures. Cancellation fees may apply if you do not call to cancel and do not show for your procedure.
5. PLEASE CALL THE OFFICE AT (718) 210-2960 IF YOU HAVE ANY QUESTIONS.