

# GASTROENTEROLOGY ASSOCIATES OF ITHACA, PC

## CMC ENDOSCOPY DEPARTMENT

NAME: \_\_\_\_\_

APPOINTMENT DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

***\*Please call Express Check In 24-48 hours prior to the day of your procedure: (607) 274-4353***

**REPORT TO THE OUTPATIENT REGISTRATION DESK AT THE HOSPITAL 30 MINUTES EARLY TO REGISTER**

### **E.G.D OR GASTROSCOPY**

#### DEFINITION:

A small and flexible tube-like fiberoptic instrument is inserted through your mouth and into your stomach. Your doctor can then visually examine your esophagus, stomach, and opening to the small intestine.

#### PROCEDURE:

Before insertion of the scope, your throat may be sprayed with medication to numb your tongue and throat to prevent gagging. Intravenous medication will be administered to make you groggy. Mild discomfort may be experienced, but few people remember the procedure. The procedure itself will take approximately 5 to 20 minutes and you will remain in the Endoscopy Suite until you are more fully awake. Plan to be at the hospital or Surgicare center for 1-2 hours.

#### INSTRUCTIONS:

**HAVE NO MEALS AFTER 8PM. NOTHING TO DRINK AFTER MIDNIGHT. SIPS OF WATER ARE ALLOWED UP TO 3 HOURS BEFORE THE PROCEDURE. *(If you are also scheduled for a colonoscopy, on the same day as this procedure, and the colonoscopy calls for a morning laxative, you may take them as those liquids don't interfere with a stomach exam.)***

Take all prescription medication(s) up to 3 hours prior to the scheduled procedure starting time. Get specific instructions for any diabetic medications or Coumadin, Warfarin, Plavix, clopidogrel bisulfate (blood thinners) or if you have a mechanical heart valve.

**Nothing by mouth 3 hours prior to the scheduled procedure starting time.**

YOU MUST ARRANGE FOR A FAMILY MEMBER OR FRIEND to review the test results and discharge instructions with your physician and to DRIVE YOU HOME. If you do not have a driver, sedation will not be given.

#### AFTER THE PROCEDURE:

**No driving, operating machinery, swimming, or climbing ladders for the rest of the day.**

You may eat as soon as your throat is no longer numb. Initially plan to eat lightly at home. Going to a restaurant is not recommended.

**Should you have any questions or concerns after reviewing these instructions please contact our office at (607) 272-5011 and ask to speak with the scheduling coordinator.**

*PLEASE NOTE: The above service may be considered as a surgical procedure by certain insurance companies. Please contact your insurance carrier for coverage information. Precertification may be required.*