

WESTCHESTER PUTNAM GASTROENTEROLOGY

845-278-5223 www.putnamgastro.com

Please be advised that a minimum of **48 HOURS** notice must be given prior to the cancellation of any endoscopic procedure in order to avoid a cancellation fee which is not covered by your insurance company. A time slot for you once you make your appointment and an anesthesia provider is scheduled to come to the office specially to administer your sedation. The notice we request allows appropriate and timely rescheduling of this staff when necessary. Our primary concern is efficient and cost effective care for all of our patients. Thank you for your cooperation in assigning us to meet this goal.

Upper endoscopy is a procedure for viewing the walls of the upper gastrointestinal tract including the esophagus, stomach, and duodenum (first portion of the small intestine beyond the stomach). Often abnormalities, which cannot be seen on x-ray studies, may be seen on endoscopy. In addition, tissue samples may be obtained if abnormalities are found that should be examined microscopically.

The instrument used is a flexible tube containing a small hollow channel and a light and lens system that permits visual and photographic inspection and the performance of biopsies. The instrument is passed through the mouth into the esophagus and stomach. Medication is given into the vein by the anesthesia provider in order to make you comfortable. ***Any known drug allergies or prior bad reactions to medications should be reported before your procedure begins.***

Many patients have no recollection of the procedure due to sedation. Verbal discharge instructions will be given prior to the administration of this sedation and written instructions which will be given upon leaving the office. **It is imperative that you not engage in any potential hazardous activity for 24 hours, including driving an automobile. YOU MUST HAVE SOMEONE TO DRIVE YOU HOME.** Your physician will discuss the findings of your colonoscopy, preferably in the company of your escort, when you are fully awake.

RISKS

NO procedure can guarantee 100% diagnostic accuracy and all involve some risk. Serious complications are rare and consist of tearing, injuring, or perforating (putting a hole) in the esophagus, stomach or small bowel/bleeding/infection/having a bad reaction to sedation.

More commonly, mild bloating and belching and/or mild sore throat may be experienced after the procedure. This bloating sensation should resolve quickly once any retained air is passed and you should feel well upon leaving the office. The sore throat can be relieved with warm water and salt gargles and the use of lozenges. After discharge, **please contact immediately if you experience abdominal pain, elevated temperature, or more than a tablespoon of rectal bleeding. Report to the nearest emergency room for evaluation if you are unable to contact us for any reason.**

If you have any questions about your procedure, please call the office. Our staff will be happy to assist you.

WESTCHESTER PUTNAM GASTROENTEROLOGY, P.C.

SUNIL GUPTA, M.D.

MICHAEL KUSHNER, M.D.

PHONE: 845-278-5223

ESOPHAGOGASTRODUODENOSCOPY(EGD) and ERCP

Please have **nothing solid** to eat after midnight the night before your procedure.

You may continue to drink clear liquids up to three hours prior to your scheduled appointment. Do not have anything by mouth after this three hour cut off time.

Stop **ONLY** the following medications **three days prior** to the procedure:
Blood thinners: Coumadin, Plavix, Aggrenox, Pradaxa, Gingko.

If your procedure is scheduled for the morning, do not take daily medications until after your procedure is completed, as directed by your physician. If your procedure is scheduled to be done in the afternoon hours, you may take any morning medications with a few sips of water.

You must have someone drive you to and from the procedure. A taxi is unacceptable.

If you have any questions or concerns, please call the office.

Appointment date: _____

Appointment time: _____

Location: _____

CLEAR LIQUID LIST
NO RED OR PURPLE DRINKS, POPS, OR JELLO PLEASE !!!!

CLEAR SODAS(ginger ale, 7UP, cola, seltzer,sprite)

CLEAR JUICES WITHOUT PULP(apple, white grape, white cranberry)

CLEAR SOFT DRINKS(clear sports drink such as Gatorade, kool-Aid, crystal light)

ICE POPS

JELLO

CLEAR BROTHS OR CLEAR BOULLIONS

ICED TEA

HOT TEA OR BLACK COFFEE (no milk or cream)

WATER

HARD CLEAR CANDY