



Procedure Location:
Carnegie Hill Endoscopy Center
1516 Lexington Avenue
New York, NY 10029
212-860-6300

311 E 79 th St.	16 E 52 nd St.	68 E 86th St.	1150 Fifth Ave.	300 Cadman Plaza	620 Columbus Ave.
212-996-6633	212-826-3903	212-535-1845	212-369-2490	718-280-0020	212-721-2600

Endoscopy Instructions:

Time	Instructions
<u>7 Days Before</u>	<ul style="list-style-type: none"> • Stop taking Omega 3 • Stop taking Motrin, Advil & Aleve; decrease Aspirin to 81mg daily • Be sure to have someone ready to pick you up after the procedure
<u>5 Days Before</u>	<ul style="list-style-type: none"> • If <u>not</u> fully vaccinated: <u>get your mandatory COVID-19 PCR or Antigen test</u> • If fully vaccinated (or have had COVID in the last three months): no COVID test required, but you are required to bring proof/documentation to your procedure
<u>8 Hours Before</u>	<ul style="list-style-type: none"> • <u>NO</u> solid foods, <u>only</u> clear liquids including: <ul style="list-style-type: none"> • Water • Apple, White Grape, & White Cranberry juices without pulp • Clear soup Broth • Tea or Coffee (No milk, cream) • Gatorade / Powerade (<u>NO</u> red, orange, or purple colors) • Jell-O (<u>NO</u> red, orange, or purple colors) • Popsicles or Sorbet (<u>NO</u> red, orange, or purple colors) • No Alcohol
<u>3 Hours before</u>	<ul style="list-style-type: none"> • Nothing to eat or drink (other than essential medications) 3 hours before procedure

<u>Important</u>	
If you are taking any of these medications, please contact your medical specialist (i.e. Cardiologist) and inform your gastroenterologist if you will be staying on these medications ASAP.	<ul style="list-style-type: none"> • Heparin, Lovenox, Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Dabigatran (Pradaxa), Bivalirudin (Angiomax), Argatroban (Argatra, Novastan, Arganova, Exembol), Brilinta (Ticagrelor) and Desirudin (Iprivask, Revasc).
If you are diabetic	<ul style="list-style-type: none"> • Contact your Primary care doctor right away for instructions regarding your medications
If you are taking blood pressure medication	<ul style="list-style-type: none"> • <u>DO NOT</u> skip your blood pressure medication including the day before and day of your procedure
Someone must accompany you and take you home after the procedure. Do not drive for 8 hours after your procedure.	
If you have any questions, please feel free to call your doctor’s office. Our phone numbers are listed above, and we will be happy to help you.	
Please arrive at least 1 hour prior to your appointment time	
Female patients of childbearing age will be required to submit a urine sample for a pregnancy test upon arrival	

If you are not fully vaccinated, you are required to take a COVID-19 test 3-5 days prior to your procedure. If you are fully vaccinated, or have had COVID in the last 3 months, you do not need a COVID test, but you must bring proof to your procedure. If you did not complete your test at a participating Northwell facility, please bring the results with you.

*** Please notify our office as soon as possible if you need to cancel your procedure. You will be charged a cancellation fee of \$200.00 if the procedure is not cancelled 48hrs before your scheduled procedure time.**