



at Trinity Center

111 Broadway • New York, NY 10006  
Phone: (212) 263-9700 • Fax: (212) 263-9701

**PREPARATION FOR UPPER G.I. ENDOSCOPY**  
**(ESOPHAGOGASTRODUODENOSCOPY)**

1. Please call NYU Medical at Trinity Center if you take medication for **diabetes, heart or lung disease**, have an **implanted defibrillator, cardiac stents, or need to use a CPAP machine**.
2. Do not eat or drink anything after midnight before the endoscopy except for essential medications (see number 3).
3. **Stop Coumadin (warfarin) 4 days, or Plavix (clopidogrel) five days, before** the exam. Ask the physician who prescribed these medicines if it is safe to stop these medicines prior to your endoscopy. If it is not, then please contact Trinity Center **as soon as possible**.
4. It is preferable, but not required, to stop aspirin or aspirin containing products for five days prior to your scheduled endoscopy. Please call if you are taking Aggrenox™.
5. On the day of your endoscopy you **must take your usual heart, blood pressure, or thyroid medication at their usual time** with a small amount of water. If you do not, your test may be cancelled.

Do not take antacids (like Maalox or Mylanta) or Carafate on the day of your endoscopy.

6. If your endoscopy is scheduled for the **afternoon**, you may have a **clear** liquid breakfast, (clear juices which you can see through, without suspended particles, soda, bouillon, Jell-O, water, or tea without milk), but you should take nothing by mouth for **four hours** before your test.
7. Come to the second floor of 111 Broadway in Manhattan on \_\_\_\_\_ at \_\_\_\_\_ M. Please be sure to bring photo id.
8. Plan to spend about one hour in the office. The endoscopy itself should last five to ten minutes. You should not plan to work, drive, or operate dangerous machinery for the rest of the day following your endoscopy.
9. **PLEASE arrange for someone to pick you up after the procedure. If you do not do so, you cannot receive any sedation for the endoscopy.** Please call in advance to be sure that your insurance covers anesthesia for endoscopy in an office setting
10. If you have any questions, please do not hesitate to contact Trinity Center.