

Esophagogastroduodenoscopy (EGD) / Esophageal Dilation

PLEASE READ ALL OF THE INSTRUCTIONS PRIOR TO THE PROCEDURE

Thank you for choosing Saint Joseph's Medical Center Endoscopy for your health care needs. This information is to help answer some of the questions you may have about your procedure and to give you instructions to follow to prepare for your procedure. For any questions about your procedure date and time, please call 914-378-8585.

Your doctor has referred you to Saint Joseph's Medical Center Endoscopy for an upper endoscopy. An upper endoscopy is a procedure that examines the esophagus, stomach and duodenum.

Please arrive at Saint Joseph's Medical Center Endoscopy 60 minutes before your scheduled procedure time.

A driver, 18-years-old or older, must be available to transport you home afterwards.

- **Please do not eat any solids 8 hours before your procedure, and no liquids for 4 hours prior to your procedure.**
- You will be sedated for this procedure. You will need a responsible adult (18 years or older) to drive you home.
- Medications to stop 1 week before the procedure: aspirin, aspirin products, Advil, Motrin, Aleve, NSAIDS, arthritis medications and blood thinners- like Coumadin and Plavix (check with the doctor who ordered these medications before stopping them).

If you are diabetic, do not take diabetic tablets or insulin the morning of the test.

Bring your diabetic medications, syringes and glucometer with you when you come to the hospital for your procedure.

Continue to take all other medicines as prescribed. You may take your blood pressure, heart, seizure, and Parkinson's medicine the day of your test with just enough water to swallow. If you use inhalers, please bring them with you to the hospital.

Your procedure is on _____ AT

**Saint Joseph's Medical Center
Endoscopy, 1st Floor
127 South Broadway
Yonkers, New York 10701
Telephone: 914-378-8585**