

## Your Endoscopy Location:

- David H Koch Building  
Endoscopy Center**  
1283 York Avenue, 8<sup>th</sup> Floor  
New York, NY 10065
  - Lower Manhattan Hospital  
Endoscopy Suite**  
170 William Street,  
2<sup>nd</sup> Floor  
New York, NY 10028
- Pavilion  
New York, NY 10065

### **CANCELLATIONS**

Scheduling your endoscopy requires careful planning between the staff, doctors, and hospital. To help avoid delays, it is important that you follow the “Getting Ready for Your Endoscopy” guide and schedule.

If you must reschedule or cancel, please call us at least 3 days before your endoscopy at 646-962-4000 or email us at [endoscopyquestions@med.cornell.edu](mailto:endoscopyquestions@med.cornell.edu).

An Upper Endoscopy is a medical procedure in which your doctor examines your esophagus, stomach and first part of





**One (1) Day Before Your Exam:**

- You may eat your regular breakfast, lunch, and dinner the day before your exam. **However**, if you have **gastroparesis** or take a GLP-1 receptor agonist such as **Semaglutide** (Rybelsus, Ozempic or Wegovy), **Liraglutide** (Victoza or Saxenda), **Exenatide** (Byetta), **Dulaglutide** (Trulicity), **Exenatide** (Bydureon BCise) or **Tirzepatide** (Mounjaro, Zepbound) you must be on **a clear liquid diet** the day before your exam.

**Day of Your Exam:**

- Do not eat anything**
- You may have clear liquids until 2 hours before your appointment.
- You may take your regular medications, unless instructed otherwise by a doctor, with a small sip of water

**Two (2) Hours Before Your Exam:**

- Do not drink or eat anything, including water. This includes mints or candies**
- If you drink or eat anything, your endoscopy will have to be cancelled**

Water	Ginger ale and other Sodas
Black coffee or tea Clear broth or bouillon	Clear juices such as apple or white grape juice

You can buy these as needed from the Grocery Store

**Chicken Bouillon/broth**

(No noodles or solids in the broth)

## D. WHAT TO EXPECT – DAY OF ENDOSCOPY

### BEFORE YOUR ENDOSCOPY

When you arrive, you will be asked to register and sign several forms. You also have the option to check-in online through MyChart. You will need to state and spell your name and date of birth to verify your identification.

After changing into a hospital gown, a nurse will place an intravenous (IV) catheter in your arm. An anesthesiologist will review your medical history. Your doctor will explain the procedure in more detail including any risks and answer any questions you have.

You will be brought into the procedure room and attached to equipment that will monitor your heart, breathing, and blood pressure. You will receive oxygen through your nose. You will be given anesthesia through your IV, which will make you fall asleep. The doctor will use a scope to examine your esophagus, stomach, and small intestine. If polyps are identified, your doctor will remove them and send them to the lab.

### AFTER YOUR ENDOSCOPY IN THE RECOVERY ROOM

You will wake up in the recovery room. Some people may feel bloated or have stomach cramps after a endoscopy. This is normal and goes away by passing gas.

Once you are fully awake, your nurse will remove your IV. Your doctor will then discuss your procedure results. Your nurse will explain your discharge instructions before you go home. Your escort will then take you home.

### AT HOME

If you had a biopsy, the results will be available in 7-10 days. Do not drink alcoholic beverages for 24 hours after your procedure. Avoid carbonated beverages, raw fruits, and salads at your post-procedure meal. You may resume your normal diet and activities the next day.

**IMPORTANT!** Due to hospital policy, you must have someone 18 years or older pick you up and escort you home after your procedure.

The procedure will not begin until this arrangement has been made. If you are unable to confirm, your appointment will be cancelled.

We estimate you should be ready to be picked up approximately 1.5-2 hours from your scheduled procedure time.

If you don't have anyone to escort you home, please let us know and we can provide you with information on service agencies that will accompany you (at cost).



### CALL YOUR DOCTORS OFFICE IF YOU HAVE:

- A temperature of 101° F (38.3° C) or higher
- Severe stomach pain or increasing size and firmness of your abdomen
- Heavy bleeding from your rectum that lasts more than 24 hours
- Weakness, faintness, or nausea/vomiting