

## Procedure Locations:

**David H Koch Building  
Endoscopy Center**  
1283 York Avenue, 8<sup>th</sup> Floor  
New York, NY 10065

**New York Presbyterian  
Hospital**  
Central Endoscopy Suite  
525 East 68<sup>th</sup> Street, 2<sup>nd</sup> Floor  
Greenberg Pavilion  
New York, NY 10065

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*biopsy*, for analysis. You will receive a sedative to make you asleep and comfortable before the procedure begins.

### Important Contact Info

- If you have questions about your procedure or preparation, call 646-962-4000 Monday-Friday (excluding holidays) 9:00 a.m. - 5:00 p.m.
- If you are calling Monday-Friday after 5:00 p.m., during the weekend, or on a holiday, the on-call physician will reach out. If not urgent, you will be answered the next day.
- If you need to reschedule your exam for any reason, please call 646-962-4000
- If you need medical help now, call **911** or go to the nearest **Emergency**

**IMPORTANT PLEASE READ DIRECTIONS CAREFULLY  
AT LEAST 10 DAYS BEFORE YOUR PROCEDURE!**

***ARE YOU TAKING ANTI-PLATELET MEDICATIONS or BLOOD THINNERS?***

If you take blood thinners (Coumadin , Plavix, Pradaxa, Lovenox, etc), ask your prescribing doctor if you should stop these medications before your EUS. Please notify our endoscopy nurse at 646-962-4000 if your doctor has recommended you **should not** stop this for your EUS.

*Commonly prescribed medications:*

warfarin (Coumadin ® )

dalteparin (Fragmin®)

tinzaparin (Linnhep ® )

enoxaparin (Lovenox®)

clopidogrel( Plavix®)

cilostazol (Pletal ® )

dabigatran(Pradaxa ®)

apixaban (Eliquis®)

rivaroxaban(Xarelto®)

prasugrel(Effient®) (arsd227 0.220.1sd227te Td(8DC 8.5

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Water	le and other Sodas
Black coffee or tea	Clear juices such as apple or white grape juice
Clear broth or bouillon	Plain Jell-O
Sports drink	Frozen juice popsicle

**LIQUIDS MUST NOT BE RED OR PURPLE. DO NOT CONSUME ANY ALCOHOL, JUICE PULP, MILK, CREAM, SOY OR NON-DAIRY CREAMER, OR OTHER LIQUIDS YOU CANNOT SEE THROUGH UNLESS ON THE LIST ABOVE.**

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Upon arrival, there will be multiple forms for you to sign and hospital staff will ask you to state and spell your name and date of birth several times.

After changing into a hospital gown, an intravenous (IV) catheter will be placed. 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 then sign consent.

You will be brought into the procedure room, and you will be attached to equipment to monitor your heart, breathing, and blood pressure. You will receive oxygen through your nose. You will be administered anesthesia through your IV, which will make you fall asleep. You may be given a suppository to reduce the risk of pancreatitis (inflammation in the pancreas).

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

The procedure cannot begin until this



#### **AFTER YOUR PROCEDURE: In the recovery room**

You will wake up in the recovery room. Some people may feel bloated or have stomach cramps after an 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.

#### **AT HOME:**

If you had a biopsy, the results will be available in 7-10 days. Please refrain from drinking 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.

