



ISLAND
GASTROENTEROLOGY
CONSULTANTS, P.C.

1111 MONTAUK HIGHWAY, SUITE 3-1
WEST ISLIP, NY 11795
TEL 631-669-1171 FAX 631-669-1912

ENDOSCOPY

Your procedure will take place at:

Island Endoscopy Center
1175 Montauk Hwy
Suite #1
West Islip, NY 11795
Arrive 30 min prior

**Good Samaritan Hospital
Baxter Pavilion – ASU North**
1000 Montauk Hwy
West Islip, NY 11795
Arrive 1 hr prior

**NSLIJ
Southside Hospital**
301 East Main St
Bay Shore, NY 11706
Arrive 1 hr & 30 min prior

This test is scheduled on:

Date: _____

Time: _____

Please read each page of the following instructions completely and carefully.
Call (631) 669-1171 *immediately* if you are unable to keep this appointment.

Note:

- You may **not** return to work on the day of your exam.
 - Women of childbearing years will be required to provide a urine sample for a pregnancy test.
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When you receive your instructions:

1. **Arrange for a responsible adult to accompany you. He/she must accompany you to and from the procedure. Your driver must present him/herself to the receptionist at the time you check in!** Your exam will be cancelled unless you have a driver. No public transportation will be permitted, unless prior arrangements are made and a responsible adult accompanies you.
2. Call (631) 669-1171 *immediately* if you take blood-thinning medicine. *There is no need to stop Aspirin or Plavix unless directed.*
 - You may be advised to stop Coumadin 5 days prior to your exam.
3. If you are taking diabetic medication, do not take your insulin/oral medication the morning of your Endoscopy.
4. **Please stop taking iron supplements 7 days prior to your exam.** You should continue taking your other medications with sips of water even on the day of your exam.
5. If you are on an inhaler, please bring it with you and remember to take it on the day of your procedure.

RAJ MARIWALLA, M.D. RAJIV SAXENA M.D. NOEL D’SILVA M.D. DARIUS SORBI M.D.
WILLIAM DISANTI M.D. UGONNA IROKU M.D. KATHERINE FREEMAN, M.D.



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Risks associated with Endoscopy: *Serious problems with this exam are uncommon; you may discuss all possible problems with your physician. Possible complications include:*

1. Perforation (tear through the wall of the esophagus, which may require emergency surgery)
2. Bleeding
3. Infection
4. Allergic reaction to the drugs (slight burning or pain may be experienced during IV sedation which resolves quickly).

Instructions: *Failure to comply the following instructions may result in a repeat exam or cancellation of your exam.*

1. **Do not eat** (or have milk products) **8 hours** prior to your procedure.
2. **Do not drink 6 hours** prior to your procedure.

After your exam:

Discomfort

- It is normal to feel bloated. This will last until the air is expelled usually the day after. You may also have a mild sore throat. (Throat lozenges, gargling with warm water and/or non-aspirin pain reliever may help).

Medications

- You may resume taking your medicines unless instructed otherwise.

Activity

- Rest for the remainder of the day.

Diet

- You may resume your usual diet unless instructed otherwise. A light or liquid diet may be better tolerated if you feel very bloated and have gas cramps.

When to seek medical help:

If you experience any of the following symptoms below, call our office at (631) 669-1171 or go to the nearest emergency room.

- Vomiting blood.
- Pass black or very dark stools.
- Neck or Chest pain.
- Constant abdominal pain that is not relieved by expelling air.
- Temperature of 100.4°F or greater.

(Rev. 3/13)

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