

## INSTRUCTIONS FOR ENDOSCOPY

### **DAY BEFORE YOUR PROCEDURE**

- No antacids after 3:00pm
- Have a light evening meal. No milk, greasy or fatty foods. Nothing colored red or purple.
- Nothing to eat or drink after midnight the night before.
- Take any heart or blood pressure medications as you normally do.
- If you are taking aspirin and/or blood thinners, please contact the office.
- Use Tylenol or acetaminophen for pain relief. **DO NOT USE** Motrin, Ibuprofen, Aleve or any other Non-steroidal Anti-inflammatory Drugs (NSAIDs) 7 days prior to procedure.
- If you are using a non-insulin injectable for diabetes or weight management:  
Weekly injections: Hold for one week prior to your procedure. Daily injections: Hold the day of the procedure. Examples: Ozempic, Trulicity, Wegovy, and other semaglutides and dulaglutides.
- No smoking or marijuana use the day of the procedure.

If you have any form of sedation, you will need a responsible ADULT to accompany you and drive you home. Otherwise, you are responsible for arranging your own medical transport. Please call the office for a list of approved medical transport providers in your area. Note: Uber, Lyft, and regular cab companies are not considered safe medical transports.

Date: \_\_\_\_\_

Arrival time: \_\_\_\_\_

Procedure time: \_\_\_\_\_

St. Joseph's Hospital  
Outpatient Registration  
301 Prospect Ave.  
Syracuse NY 13203

Endoscopic Procedure Center  
260 Township Blvd.  
Suite 10  
Camillus NY 13031

Northeast Medical Center  
Endoscopy Center of CNY  
4000 Medical Center Drive #308  
Fayetteville NY 13066