

PROCEDURE DATE: \_\_\_\_\_

PROCEDURE ARRIVAL TIME: \_\_\_\_\_

PROCEDURE START TIME: \_\_\_\_\_

Orleans Community Health Medina Memorial Hospital  
200 Ohio Street, Medina NY 14103  
(585) 798-2000

#### Dr. Chubineh's Upper Endoscopy Instructions

The following instructions are very important. Please read this thoroughly and follow the instructions as outlined. Please follow the instructions carefully to avoid having to reschedule your procedure. **If you have any questions or problems, please call us at 716-240-2296 so we can resolve them as soon as possible.**

#### **About Upper Endoscopy**

An upper endoscopy is the examination of the lining of the esophagus, stomach and duodenum using a flexible tube with a light and a camera on the end of it called an endoscope. You should plan to be at the surgery center for a total of 2 hours. It is critical that you follow the instructions as directed.

Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

If you have any questions or need to cancel, please call (716) 240-2296 as soon as possible

#### **1 week prior to your procedure**

1. If you are on Coumadin (Warfarin), Plavix, Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Aggrenox, Lovenox, or any other blood thinning medication, contact the physician that prescribes this medication to discuss if discontinuation will be required. Baby aspirin is safe to continue. If you, or your physician have any questions, please contact our office.
2. Be sure to let us know if you have had coronary artery stents placed in the last year, as this may require delay of routine endoscopy.
3. GLP-1 agonists including once weekly medications like Trulicity, Tanzeum, Wegovy, Ozempic, Mounjaro, and Bydureon will need to be held from this point until after your procedure.

### **2 days prior to your procedure**

Stop all non-steroidal medications including Ibuprofen, Advil, Motrin, Aleve, Indocin, and Celebrex.

You may use Tylenol (acetaminophen) as a substitute. If you require stronger pain medication, contact your Primary Care Physician.

### **The day prior to your procedure**

1. With the exception of the medications outlined above, all medications may be taken as usual.
2. Do not drink alcohol and discontinue all tobacco products
3. Discontinue daily GLP-1 agonists such as Adlyxin, Byatta, Rybelsus, Victoza, Saxenda.
4. You may continue with your multivitamin.
5. DO NOT CONSUME SOLID FOOD AFTER MIDNIGHT. IF CONSUMED, THIS MAY RESULTS IN CANCELLATION OF YOUR PROCEDURE!

### **The Day of your procedure:**

1. If you are a woman of childbearing age, you may be asked to provide a urine pregnancy test, so be prepared to provide a urine sample.
2. You may drink water up until 3 hours prior to your procedure

### **After your Endoscopy**

1. You should not plan to work, schedule other appointments or meetings following the procedure. You should not drive the remainder of the day secondary to the Anesthesia you received.
2. If you should experience any fever, chills, worrisome rectal bleeding, or severe abdominal pain, contact the office immediately at 716-240-2296.
3. A nurse will go over your results in the recovery area. If polyps or biopsies were obtained, you will be asked to call for results in 1 weeks' time. Depending on the indication for the procedure, you may be asked to have a follow up visit in the office, typically within 2-3 weeks' time.
4. Because you are receiving moderate sedation, you must have an adult (18 years or older) accompany you home. You may take an uber or taxi only if you have someone over the age of 18 to accompany you home. If you do not have a ride or a responsible adult to accompany you, we cannot do the procedure with sedation.