

Your Endoscopy Location:

- David H Koch Building
Endoscopy Center**
1283 York Avenue, 8th Floor
New York, NY 10065
- New York Presbyterian Hospital**
Central Endoscopy Suite
525 East 68th Street, 2nd Floor
Greenberg Pavilion
New York, NY 10065
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GETTING READY FOR YOUR ENDOSCOPY

As soon as you get a date for your endoscopy you need to (see all the details below):

- A. Review Important Cardiac Clearance Information
- B. Review Important Medicine Information

10-days before your endoscopy:

- A.

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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 a small amount of 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

Clear Liquid Diet

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|-------------------------|---|
| Water | Ginger ale and other Sodas |
| Black coffee or tea | Clear juices such as apple or white grape juice |
| Clear broth or bouillon | -O |
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LIQUIDS MUST NOT BE - 1) (R) (S) (O) (R) (S) JETQq 72222eW nBTQ/TT5f-0 (0)222m (U)4 (R) 7P
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 UNLESS ON THE LIST ABOVE.

You can buy these as needed from the Grocery Store

Chicken Bouillon/broth



Jell-O/gelatin or Ice Pops



Ginger Ale or Clea Juice



