

North Shore Digestive Medicine, P.C.
Farzad Forohar, M.D.
50 Route 111, Suite 302
Smithtown, NY 11787
Phone: 631.724.5300 Fax: 631.724.5400

Upper Endoscopy Instructions

**If you take Coumadin, Plavix, Lovenox or any other anti-coagulant/anti-platelet medication (blood thinners) you may need to stop your medication 2-7 days prior to your procedure. You should discuss this with our office two weeks before your procedure. You should continue to take your blood pressure medications and aspirin if prescribed for your heart condition.

1. Do **not eat** anything after midnight the night prior to your procedure. You may **drink only clear liquids** (liquids you can see through) **up to 4 hours before your procedure.**
2. You may brush your teeth.
3. Take your usual morning medications with a **sip** of water.
4. Wear loose fitting clothes. Remove tongue piercings. Leave your jewelry at home.
5. Bring your **inhalers** with you. Bring your **glasses case** with you.
6. Contact the office if you have questions or your physical condition changes (cold, fever, illness). 631-724-5300
7. Please bring your completed medication reconciliation form.

You must have a driver to accompany you on the day of your procedure. Your driver will need to sign your discharge papers.