

**INSTRUCTION FOR UPPER ENDOSCOPY**

**JAN J. SHIM, M.D.**

4 East 88<sup>th</sup> Street, Suite # 1A  
New York, NY 10128

Telephone: 212-535-5020  
Fax: 212-360-7030  
[www.drjanshim.com](http://www.drjanshim.com)

The following are important instructions you should follow in preparation for your procedure.

1. Please finish your dinner by 7:00 pm.
2. You **SHOULD NOT HAVE ANYTHING** to eat or drink after 12:00 midnight on the night before your appointment, unless otherwise directed.
3. If your appointment is in the afternoon, you **SHOULD NOT EAT OR DRINK** at least **EIGHT HOURS** prior to the procedure.

**IMPORTANT**

1. If you are on **INSULIN** or **ORAL DIABETES MEDICATION**, **PLAVIX**, or **COUMADIN**, or any other blood thinners, please inform Dr. Shim and obtain specific instructions with regard to these medications.

Following medications should be stopped prior to the procedure as instructed below:

**Plavix – must be stopped 5 days prior to the procedure.**

**Coumadin - must be stopped 4 days prior to the procedure.**

**Pradaxa – must be stopped 48 hours prior to the procedure.**

**Aspirin and any other blood thinner – must be stopped 1 week prior to the procedure.**

2. If you take medications in the morning for **HYPERTENSION OR HEART DISEASE**, you should take your medication at least **2 hours prior** to your scheduled appointment.
3. Unless directed by a physician, **DO NOT TAKE** any iron tablets, aspirin or medication, which contains aspirin (such as Alka-Seltzer); or nonsteroidal, anti-inflammatory medications (such as Motrin, Advil, or Indocin), for 5 days prior to the procedure. If you need medication for pain, you may take Tylenol.

If you **CANNOT** keep your appointment or have any questions regarding your procedure or preparation, please call Janet at (212) 535-5020.

Be sure to arrive on time for your appointment. **Because you will receive intravenous sedation, you should have someone to escort you home.** Your upper endoscopy will take place on:

Date: \_\_\_\_\_ Pt's Signature X \_\_\_\_\_

Time: \_\_\_\_\_

Westside GI, LLC  
619 W. 54<sup>th</sup> st. 8<sup>th</sup> fl  
NY, NY 10019  
(212) 889-3142

Hudson Crossing ASC  
2 Executive Dr.  
Fortlee, NJ 07024  
(201) 292-31475