

JEFFREY A GOLDSTEIN, MD
UR Thompson Gastroenterology
395 West Street, Bldg 20B
Canandaigua, NY 14424
(585) 978-8277

@NAME@
@DOB@
@TODAYDATE@

Scheduled date of Endoscopy: ***

Please report to:
FF Thompson Hospital
Ambulatory Procedures Center
395 West Street

Enter via " The Thompson Way" off "West Street"
Look for Door 15 at the Constellation Center for Health & Healing
Phone#: (585) 396-6595

Patient arrival time:

THE AMBULATORY PROCEDURE CENTER (APC) WILL CALL YOU THE AFTERNOON BEFORE YOUR PROCEDURE AROUND 2:00 PM WITH YOUR EXACT ARRIVAL TIME. Please plan on 90 minutes for the procedure, including recovery time. You will need to arrange to have a responsible person stay in the waiting area during your procedure.

Please Note: F.F. Thompson Hospital has a strict post-procedural / post-anesthesia / post-sedation patient transportation policy. If you are scheduled to undergo a surgical procedure that will require sedation or anesthesia, the hospital policy requires that a responsible individual accompany you to and from the procedure. If you do not have a responsible individual to accompany you, your procedure will not be performed.

Blood Thinners & Diabetic Medication

If you take any diabetic or blood thinner medications, our office will contact the prescribing doctor for guidance regarding holding your medication. Our nursing staff will contact you prior to your appointment with instructions.

Diabetic Medication

If you take diabetic medications, we recommend holding oral medications the evening prior to and morning of the procedure. If you take long-acting insulin, we recommend taking ½ your usual dose the evening prior to the procedure and hold the morning dose on the day of the procedure.

Stop all GLP-1 Medication used for weight loss (1) week prior to your procedure.
(Examples: Ozempic/Wegovy/Mounjaro/etc)

Preparing for Your Procedure:

EGD (Upper Endoscopy)

You must fast from **ALL FOOD** after midnight the day of your procedure. You may consume (1) 8oz glass of water up to 2 hours prior to your arrival time. **NO FOOD CONSUMPTION.**

All Medications can be taken on the day of the procedure with a minimal amount of water early in the morning.

DO NOT smoke marijuana or consume anything containing THC 72 hours prior to your surgery. Doing so within 72 hours prior to surgery could result in your surgery being cancelled.

Examples of clear liquids:

Sprite, Ginger Ale, Black coffee, Tea, Water, Crystal Lite, Iced tea, clear broth, Apple Juice.
AVOID RED and PURPLE colored drinks, **NO Fruit, NO Pulp**
Do not consume dairy products or non-dairy powder.

If you have any questions regarding your endoscopy and/or the prep instructions, please call the GI office staff at (585) 978-8277.