

Upper Endoscopy Instructions

Nuvance Health Medical Practice Gastroenterology

Blood thinners: (If applicable) Please contact your prescribing physician two weeks before your procedure to ask how long you can be off your blood thinning medication(s) before your procedure.

Insulin dependent diabetics: (If applicable) Please contact your prescribing physician two weeks before your procedure for direction on insulin dosing for the procedure.

- **If your procedure is before NOON: nothing by mouth after midnight the night before**
- **If your procedure is after NOON: drink clear liquids ONLY (up to two hours before arrival time). NO FOOD**
 - **Examples of clear liquids:** Powerade, Gatorade, bouillon, broth, consommé, black tea, black coffee, apple juice, white grape juice, white cranberry juice, Crystal Light, water, Italian ice, popsicles, sorbet, or Jello. **Nothing red or purple. No milk or cream.**
- **DO NOT** take diabetic pills or diuretics (water pills) the morning of the procedure.

You will need a responsible driver (18 years of age or older) to drive you home. No UBER or LYFT. You will not be allowed to drive yourself home. Expect to be here for 90 minutes to 2 hours.

Nuvance Health Medical Practice Gastroenterology Locations

Connecticut

- **Duracell Center for Ambulatory Surgery at Danbury Hospital**
24 Hospital Avenue, 4th Floor Strook, Danbury, CT (203) 739-7038
- **Frank J. Kelly Medical Arts Center**
111 Osborne Street, 2nd Floor, Danbury, CT (203) 739-7038
- **Danbury Surgical Center**
73 Sandpit Road, Danbury CT (203) 739-7038
- **New Milford Hospital**
21 Elm St. 2nd Floor, New Milford, CT (203) 739-7038
- **Norwalk Surgical Center**
40 Cross Street, Unit 120, Norwalk, CT (203) 852-2278
- **Norwalk Hospital GI Lab,**
34 Maple Street, 5th Floor, Norwalk, CT 06850 (203) 852-2278

New York

- **Putnam Hospital**
670 Stoneleigh Avenue, Carmel, NY (203) 739-7038
- **Putnam Barns - Putnam GI, LLC**
667 Stoneleigh Center, Barns Office Center, Building A, Suite 204, Carmel, NY (203) 739-7038
- **Fishkill Asc.**
200 Westage Business Center Drive, Bldg C, 3rd floor, Suite 330 Fishkill, NY 12524
(203) 739-7038
- **Vassar Brother's Medical Center**
45 Reade Place Poughkeepsie, NY 12601 (845) 876-3003
- **Northern Dutchess Hospital**
6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003