

BRYN MAWR MEDICAL SPECIALISTS ENDOSCOPY CENTER
610-525-9570 (FAX 610-527-8805)

UPPER ENDOSCOPY PROCEDURE

Procedure date: _____ **Arrival Time:** _____

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY:

The Endoscopy Center is located in the **Bryn Mawr Medical Arts Pavilion**, across the street from the Warden Lobby of Bryn Mawr Hospital.

825 Old Lancaster Road
Suite 330
Bryn Mawr, PA 19010

Five (5) days prior to procedure

- **Stop** Ibuprofen (Motrin, Advil) & Aleve. You may take Tylenol, as needed for pain.
- If you take **aspirin or blood thinners**, such as Coumadin or Plavix, carefully follow the instructions, provided at the time of scheduling, regarding need to hold them. You may be asked to contact your cardiologist for special instructions to hold blood thinners or aspirin.
- Make arrangements for a ride home from the Endoscopy Center. You are not permitted to take a cab or Uber ride home, unless you are accompanied by a responsible adult (family or friend).

Evening before exam

- You are not to eat or drink after midnight the evening before exam. This includes chewing gum, mints and water*

Morning of the exam

- If you take heart or blood pressure medications, please take them early morning with a *small sip of water.
- If you use inhalers, please continue to use your inhalers as directed and bring them with you.
- If you are diabetic and check your blood sugars, please check your blood sugar at home.
- You are permitted to brush your teeth.

Please bring the following with you: photo ID, insurance card and completed paperwork (history form and current list of medications).

If you wear reading glasses, please bring them with you.

Your driver must be present in the Endoscopy Suite at the time of your discharge.

Please leave jewelry and valuables at home.

Please do not apply lotions or perfume the day of procedure.

If your procedure is scheduled in the afternoon, you may have clear liquids prior to: _____.