

**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 **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.
- 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 after midnight prior to your exam. This includes chewing gum and mints. You may have clear liquids up to 4 hours prior to your exam.
- Refrain from all cannabis use after midnight prior to your exam.

**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.
- You are permitted to brush your teeth.

**Please bring the following with you: photo ID, insurance card and remember to complete your online health history.** A link will be sent to your email address on file within 14 days of your appointment. If you do not have access to email or have trouble accessing it, a nurse will call you 1 day prior to your appointment and take your health history over the phone. Please allow time for this phone call

**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.**