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You are scheduled to have an **upper endoscopy**  
on \_\_\_\_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_\_\_\_\_, but you must be here by \_\_\_\_\_\_\_\_\_\_\_\_.

**Please follow these instructions:**  
**1.**  You may have **nothing to eat** after midnight on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and you may have **no more clear liquids** after 5am/6am on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**.**

**2.** On \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, go to Beth Israel Medical Center on 16th Street and First Avenue. Proceed to the Main entrance and go to 4TH FLOOR, DAZIAN BUILDING, to the Endoscopy Suite.

**3.**  You **MUST** have an escort with you or it will be cancelled  
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**4.** Please call the office at (646) 355-3711 or the **ENDOSCOPY SUITE** AT 212-420-3839 IF YOU HAVE ANY QUESTIONS.  
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**Note: Females will be required to have a pregnancy test as a routine preoperative safety check.**

**List of clear liquids**:  
.Apple juice  
Chicken broth  
Clear soda (7-up, Ginger Ale, Sprite; **no Coke or Pepsi**)  
Coconut water  
Coffee/tea (**no dairy or cream**)  
Gatorade (**yellow or green only**)  
Jello (**yellow or green only**)  
Vitamin Water (**yellow or green only**)  
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**ABSOLUTELY NO alcoholic, cream, dairy, milk or orange products!**

**Directions to Beth Israel Medical Center**

**The hospital is located at 1st Avenue and 16th Street**

**Proceed to the 4th floor to the endoscopy suite on arrival.**

By car: Take the FDR to the 23rd street exit and drive to 17th street between 1st and 2nd avenue and turn into the hospital parking lot.

By Bus: Take the M15 to 1st Avenue and 14th Street and walk two blocks north to 16th street or take the M101/M102/M103 to 3rd avenue and 14th street and walk east to 1st avenue and go north to 16th street and go in the main entrance and ask for the endoscopy suite on 4 Dazian.

By subway: Take the 4,5,6,N,R,Q,W, L train to union square or take the F train to 16th street and 6th avenue and walk east to 1st avenue and 16th street and go in the main entrance and go to the endoscopy suite on 4 Dazian.

**If you have any questions or concerns please call the office at 646-355-3711 or the endoscopy suite at 212-420-3839.**