

Your Safety is Our Highest Concern

Mount Sinai South Nassau's Gastrointestinal (G.I.) Endoscopy Unit provides state-of-the-art patient care for both inpatients and outpatients requiring upper or lower G.I. studies. Our G.I. physicians are assisted by specially G.I.-trained registered nurses. And our Certified Registered Central Sterilization Technicians (CRCSTs) are trained in providing high-level disinfection and sterilization of endoscopy equipment, according to the standards provided by the American National Standards Institute/Association for Advancement of Medical Instrumentation Guidelines (ANSI/AAMI91), and in accordance with guidelines provided by the Society of Gastroenterology Nurses and Associates.



Directions:

FROM ALL POINTS WEST: Take the Queens-Midtown Tunnel at 34th Street to the Long Island Expressway (495); Expressway to the Cross Island Parkway south; Cross Island to the Southern State Parkway south; take the Southern State to exit 17 south, (Hempstead Avenue); Hempstead Avenue becomes Ocean Avenue; continue south on Ocean Avenue to Merrick Road; make a left on Merrick Road; make a right on Oceanside Road; continue until first traffic light (Oswald Court) and make a left onto Oswald Court; Hospital is on your right.

FROM ALL POINTS EAST: Take Southern State Parkway westbound to exit 20S (Grand Avenue, Baldwin). Take Grand Avenue south to Merrick Road. Make a right on Merrick Road. Go approximately one mile to Oceanside Road. Make a left on Oceanside Road. Hospital is on your left.

PARKING is available in the visitors' parking lot on Merrick Road facing the hospital, as well as our using our valet parking service. Disability-accessible parking is available in the lot in front of the power plant on Oswald Court, near the main entrance to the hospital. Upon entering the main lobby entrance, take the lobby elevator up one floor. Exit the elevator to the right, and cross the walkway bridge. Go through the double doors, the Endoscopy Registration Room is on the right. Please follow the signage.



**Mount
Sinai
South
Nassau**

Mount Sinai South Nassau
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Oceanside, NY 11572
1-877-SOUTH-NASSAU
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All photos, with exception of cover photo, were taken prior to the COVID pandemic. Our practitioners and patients are required to wear appropriate PPE at all times.

Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.

Welcome to the Endoscopy Unit

About Your Procedure



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Preparing for Your Endoscopy Appointment

We look forward to your visit to our Endoscopy Unit. Our goal is to provide you with a safe and comfortable experience. You can expect a phone call from our endoscopy nurse the day before your procedure to confirm your arrival time and the following information:

- **You must have a responsible adult available** to drive and accompany you home, because you will be receiving sedation for your procedure. Please be sure to arrange this in advance.
- **You must bring photo identification** (such as a driver's license), **insurance information** and a **list of all your current medications** with the dosage amounts that you are taking.
- **You will be fasting after midnight**, except for any morning bowel preparation, and taking any medications only as instructed by your doctor with just a sip of water—the least possible amount.
- **If you have a pacemaker or implanted defibrillator**, please bring your device information card with you.
- **If you are a person with diabetes who routinely performs a morning glucose check**, please perform a fingerstick before your arrival.
- **Please remove all jewelry (necklaces, rings, earrings, watches and body) prior to your arrival** and try to keep personal belongings to a minimum.

Day of Procedure

REGISTRATION: Please arrive to the Endoscopy Unit at least one hour prior to your scheduled procedure time. We need this time to complete your registration interview, confirm your identification and your medical history and prepare you for the procedure, so we ask that you be prompt. Upon your arrival to the Endoscopy Unit, you will proceed to our registration room. Upon registration, you will be given a hospital identification band. You must wear the band until you leave the hospital.

INTAKE PROCESS: In our admitting room, you will change clothes and put on a hospital gown. A registered nurse (RN) will admit you, and you will lie on a comfortable stretcher while an intravenous line is placed for your anesthesia. You will be seen by a physician anesthesiologist who will consent you to be sedated for the procedure. Your gastroenterologist will also have you sign a consent, for the procedure itself. All of your belongings will be secured in plastic bags labeled with your name, and will be stored in a cabinet in our recovery room.

PROCEDURE: You will be assessed by your procedure room nurse, who will bring you into the procedure room on your stretcher. Your anesthesiologist will apply monitors and you will be properly positioned for your procedure. Most procedures take from 20 minutes to an hour, during which time you will be sleeping. When your procedure is completed, the anesthetist and the nurse will transport you to our Endoscopy Recovery Room.



Recovery and Discharge

A registered nurse will monitor you in our recovery room until it is determined that you are ready to be discharged. Once you have awakened, your gastroenterologist will speak with you prior to discharge, and will give you written discharge instructions to follow. A light snack (juice and crackers) will be offered to you.

The nurse will then:

- Remove your intravenous line
- Discuss all of your discharge instructions
- Return your clothes so you can get dressed
- Call for your ride to come pick you up

A hospital transporter will take you by wheelchair (required) to the responsible adult who will be waiting outside to take you home.

An Endoscopy nurse will call you the day after your procedure to see how you are feeling.

Should you have urgent concerns after your procedure, please contact your doctor.

FOR MORE INFORMATION
please call us at 516-632-3404.