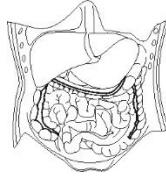


**Sudha Nahar, M.D.**

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**GYAN GASTROENTEROLOGY LLC**  
***A DIVISION OF ALLIED DIGESTIVE HEALTH LLC***

**Professional Center at Somerset**  
**17 Clyde Road, Suite 101**  
**Somerset, NJ 08873**  
**Tel: (732) 873-1600**

**Durham Center**  
**1 Ethel Road, Suite 106A**  
**Edison, NJ 08817**  
**Fax: (732) 548-7408**

**Preparation Instructions for Upper Endoscopy**

**DATE OF PROCEDURE** \_\_\_\_\_

**TIME:** The facility will call you the day before your upper endoscopy with your **Arrival Time.**

**Facility: Specialty Surgical Center of North Brunswick (732)422-9900**  
**Website: [NorthBrunswickSurgicalCenter.com](http://NorthBrunswickSurgicalCenter.com)**  
**1520 US Route 130, Suite 102, North Brunswick, NJ 08902**

1. **DO NOT** eat or drink anything after midnight the day before your procedure. Your stomach must be empty for the procedure to be thorough and safe.
2. You may take your morning medication (except **diabetic**) with sips of water before 7 AM on the day of the procedure. Diabetic patients should not take regular medication on the day (morning) of the procedure.

Weight loss medications (**Ozempic, Mounjaro etc.**) must be stopped 7 days before your procedure.

3. **You must bring someone with you to drive you home, as you will be receiving sedation.** You should not drive for 24 hours after the procedure is completed.

**If you have any questions, please call the office at (732)-873-1600.**