

GENERAL INSTRUCTIONS FOR UPPER ENDOSCOPY (EGD) PREP

Come here, to the Endoscopy Center on Mon. Tues. Wed. Thurs. Fri. _____ at _____ a.m.

IMPORTANT INFORMATION Before you come to the endoscopy center:

- Brush your teeth in the morning.
- Do not wear jewelry, including piercings.
- Do not bring children to the endoscopy center in consideration to the other patients. They will be asked to wait outside or leave.
- Bring an adult to sit with you after the procedure and to drive you home. A sedative is usually given and driving is not permitted for up to twelve hours after the procedure. If you do not have a ride home, Dr. Patel will NOT sedate you for the procedure. **Your driver cannot leave the center.**
- Take your medication on the morning of your procedure with a small sip of water before 6:00 am.
- If you have asthma you may use your inhaler the morning of the procedure, if needed.
- If you are taking insulin, you make take your evening dose but not the morning dose.
- If you are taking heart medication, ask your doctor about when to take these drugs in relation to the test.
- If you have an artificial heart valve, please remind your doctor.

Office Policy Regarding Insurance

What will my insurance be billed for?

There will be 4 charges for the procedure.

1. Charge for the doctor, Dr. Anil Patel. This is for the doctor doing the procedure.
2. Charge for the endoscopy center, Gi Specialists of Clarksville, or the hospital will bill your insurance if your procedure is done there. This bill is for the use of recovery room, procedure room, sedation, discharge.
3. Charge for the anesthesia service for Propofol sedation by CRNA.
4. Charge for the biopsy.

Office Policy Regarding Payment

- The insurance co-pay, as indicated on your insurance card, is to be paid prior to the outpatient surgery.
- If your deductible has not been met, then we will collect up to \$1500 prior to the procedure or your copay.
- We will bill only the insurance companies for which proof of coverage has been provided.
- The account balance will be due within 90 days of the service and treatment date.
- You, the patient, are responsible for contacting your insurance provider about non-payment, delays in payment and reduced payment.

What is an EGD (esophagogastroduodenoscopy)?

An EGD is a procedure where the lining of the upper part of your gastrointestinal tract is examined with a lighted flexible instrument. The esophagus, stomach, and duodenum (first part of your small intestine) are examined to evaluate your symptoms. A biopsy (a small tissue sample) may be obtained for microscopic examination. An upper endoscopy is used to treat many abnormalities. The doctor may stretch a narrowed area, remove polyps, take a biopsy for *Helicobacter pylori*, or treat bleeding.

What are the risks?

The risks of the procedure are minimal and could include bleeding, aspiration, over sedation, vomiting of food content if you have not remained fasting as directed, and perforation of the esophagus. Perforation of the esophagus could require surgery to repair. All of these complications are uncommon, but you should be aware of them.

What if I want to cancel the procedure?

If there are problems keeping your appointment, you should call our office THREE (3) DAYS BEFORE THE SCHEDULED DATE TO RESCHEDULE OR CANCEL the procedure. This courtesy will release the time for another patient.

You will be charged a \$150 NO SHOW FEE if you miss your procedure and do not cancel your appointment.

What can I expect during the upper endoscopy?

- The nurse will start an IV.
- The nurse anesthetist will sedate you for the procedure.
- You will lie on your side, and then the doctor will pass the endoscope through your mouth into your esophagus, stomach and duodenum.
- The doctor may take a biopsy or stretch a narrowing.
- The endoscope does not interfere with your breathing.

What do I need to buy?

You do not need to buy anything for the prep.

Please follow the instructions below:

- Do not have anything to eat, drink, or smoke after midnight.
- Take your medication on the morning of your procedure with 1/2 glass of water before 6:00 a.m.
- If you are taking insulin, you make take your evening dose but not the morning dose.
- If you are taking heart medication, ask your doctor about when to take these drugs in relation to the test.
- If you have an artificial heart valve, please remind your doctor.
- Have someone accompany you, who can drive you home after the test. A sedative is usually given and driving is not permitted for up to twelve hours after the procedure.

What medications do I need to stop?

- Coumadin-or any blood thinner Stop on _____
- Aspirin-or any anti-inflammatory Stop on _____
- Nuprin Stop on _____
- Motrin Stop on _____
- Iron Stop on _____
- Vitamins with iron Stop on _____

What can I take?

- Tylenol

What if a biopsy was taken during the procedure?

If a biopsy was taken and you do not have a follow up appointment scheduled with Dr. Patel, then you will be contacted by our office within two weeks with the results.

What if I have a question?

If you have any questions concerning your prep, please call our office at (931) 551-9605 or log onto www.gipatel.com.

We are here to help you.