

# WESTSIDE GASTROENTEROLOGY

## CONSULTANTS

### **Upper Endoscopy Procedure Instructions**

#### **PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM**

Our goal is to provide excellent quality care during your visit with us and throughout your experience with our office. We have included some very important information pertaining to your procedure and care.

#### **About Upper GI Endoscopy (EGD)**

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE EVENING BEFORE YOUR PROCEDURE. It is critical that you follow the instructions as directed.

The physician will discuss your procedure with you and your family members when you are in the recovery room. If you had any biopsies taken, you will receive a letter with those results, usually 2-3 weeks after the procedure. If there are serious findings on the biopsy, your physician will contact you.

Every effort will be made to keep your appointment at the scheduled time, but unexpected delays and emergencies may occur and affect your procedure time. We give each patient the attention needed for his or her procedure and apologize in advance for delays if these occur.

**If you must cancel or reschedule your procedure, please call Endoscopy Scheduling at 317-745-7310 as soon as possible.**

Prior to the procedure:

**Make arrangements for someone 18 years or older to come with you to the procedure.** Arrive 1 hour prior to your procedure. Sedation is usually given during your procedure. A responsible adult must be present before, during and after your procedure. Drop offs are not allowed. After your procedure you will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the next day unless your doctor directs otherwise. No Taxi or Uber/Lyft drivers.

## **14 DAYS BEFORE PROCEDURE**

- If you are taking weight loss medication, contact your prescribing physician for instructions on stopping the medication prior to your procedure.

## **7 DAYS BEFORE PROCEDURE**

- Stop any multi-vitamins, iron supplements, and herbal supplements.

## **2-7 DAYS BEFORE PROCEDURE**

- **STOP anticoagulants/blood thinners** exactly as you have been instructed by your prescribing physician. This may include clopidogrel (Plavix®), warfarin (Coumadin®, Jantoven®), dabigatran (Pradaxa®), apixaban (Eliquis®) or other non-aspirin blood thinners. Do not stop these medications on your own. If you are uncertain if you need to stop a medication, please call our office for instructions. If you take low dose aspirin (81 mg), you may continue taking it.
- If you have diabetes and were not given specific instructions for management of medications, call our office for instructions.

## **2 DAYS BEFORE PROCEDURE**

- Stop anti-inflammatory medications ibuprofen (Motrin®, Advil®), naproxen (Aleve®).
- Celebrex® and acetaminophen (Tylenol®) are ok to use.

## **1 DAY BEFORE PROCEDURE**

- You may eat your regular diet during the day/evening.
- Do not eat or drink anything after midnight.

## **DAY OF PROCEDURE**

- Do not eat or drink anything.
- You can take your morning medications with sips of water but do not take ace inhibitor blood pressure medication (e.g. lisinopril, enalapril, benazepril).
- Wear loose fitting clothes, NO jewelry, makeup, or hair products.
- You will need to change into a hospital gown prior to the procedure.

### Regarding Insurance/Procedure Payment

To avoid unexpected billing expenses to you, patients should contact their insurance company regarding their benefits and payment responsibilities. For example, you may have a deductible and/or a co-payment for which you are responsible.

It is the patient's responsibility to see if a pre-certification is required from their insurance. Please be aware that pre-certification does not guarantee the claim will be paid; this allows us to proceed with scheduling the procedure.

We have payment options available through our billing office.

Here are some educational resources that you may find helpful:

American College of Gastroenterology <https://gi.org/>

American Society of Gastrointestinal Endoscopy <https://www.asge.org/>

American Gastroenterological Association <https://gastro.org/>