



# Upper Endoscopy (EGD) Instructions

Your upper endoscopy is scheduled for \_\_\_\_\_, please arrive at \_\_\_\_\_.

Your estimated CoPay will be \_\_\_\_\_. You could receive up to 4 bills if your deductible or coinsurance applies. These bills are for the facility fee, physician fee, labs and anesthesia.

**Please call your insurance directly with questions related to your coverage. Our NPI may be needed to obtain coverage information. Our NPI is 1023006079.**

Your procedure is scheduled at:

The Colonoscopy Center, Lansdale (815 Sumneytown Pike, Suite 110, Lansdale)  
The Colonoscopy Center, Sellersville (817 Lawn Ave, Building B – 2<sup>nd</sup> Building in lot, Sellersville)  
Grandview Hospital (700 Lawn Ave, Sellersville)  
Einstein Hospital (559 W Germantown Pike, East Norriton)

Your procedure will be performed by  Dr. Markos  Dr. Lukaszewski  Dr. Nam  
 Dr. O'Connor  Dr. Cheung  Dr. Heller

Prior to arriving, please review our patient rights and responsibilities at  
<https://usdigestivehealth.com/privacy-policy>

If you are unable to access the patient rights and responsibilities (or you would prefer a hard copy), have any questions in regards to the prep, or if you need to change your appointment please contact \_\_\_\_\_ at 215-257-5071 ext \_\_\_\_\_.

When you arrive for your procedure, please bring both a photo ID and your insurance card(s) with you. You can expect to be here for approximately 1 ½ hours.

For our female patients between the ages of 18-57: On the day of the procedure you will be asked to provide the date of your last menstrual cycle and asked if there is any chance you could be pregnant. If uncertain, we advise you to take a pregnancy test prior to your arrival or your procedure will be cancelled.

**Discontinue all tobacco products 24 hours before arrival. This includes vapes and medical marijuana.**

## **IMPORTANT**

**72 HOURS NOTICE IS REQUIRED FOR CANCELLATION.**

IF YOU CANCEL LESS THAN 72 HOURS BEFORE YOUR PROCEDURE, YOU WILL BE CONSIDERED A "NO SHOW" AND CHARGED A FEE. THIS FEE IS NOT COVERED BY INSURANCE.

## PREPARATION: Before your procedure

This procedure is an examination of the lining of your esophagus, stomach, and duodenum. Additional procedures may be performed such as taking tissue samples (biopsies), removing polyps or dilation.

To ensure you are comfortable & relaxed during the procedure, intravenous sedation medication will be given. In the event of medical need, you may require hospital admission.

We strive to remain on schedule, please understand that performing a procedure such as an EGD may take longer in some patients than in others. As a result, your procedure time may not be at the exact time you were scheduled. Please be patient & allow additional time for your procedure.

You will receive anesthesia during the procedure, ***so a responsible adult MUST accompany you to your procedure. This person MUST bring you to the office, stay on the premises the entire time, then bring you home. Depending on the status of our waiting room policy, they may be asked to stay in their car until you are discharged. The side effects of anesthesia are sometimes dizziness, forgetfulness and sleepiness therefore:***

- You may NOT be dropped off for your procedure.
- A responsible adult must accompany you and stay with you if you take public transportation.
- Bus, taxi, shuttle or UBER drivers CANNOT be your responsible driver.
- If you do not have a responsible adult to accompany and stay with you, your procedure will be rescheduled.
- **Avoid all red or purple liquids prior to the procedure**
- **Do not have any dairy products after midnight the day prior to the procedure**
- Please cease all medicinal and recreational smoked, ingested, or vaporized cannabis (weed) 24 hours prior to surgery. This also includes CBD products.

## SPECIAL MEDICATION INSTRUCTIONS

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### **IMPORTANT!**

**No solid food as of Midnight the night before your procedure.**

**Discontinue all liquids 4 hours prior to your procedure**

## **PREPARATION: Day of your procedure**

The morning of your procedure you may take your heart and/or blood pressure medication with a *sip of water* at least **4 hours prior** to your procedure.

If there is not a four hour window please do not take your medication until after your procedure.

**Please no smoking the day of your procedure.**

## **AFTER YOUR ENDOSCOPY**

**For questions, call our office at 215-257-5071**

- Rest and relax for the remainder of the day.
- We recommend that a responsible adult stay with you for 24 hours following your procedure.
- You may experience a sore or scratchy throat for 1-3 days after the procedure. You may use a cough drop or throat lozenge to ease the discomfort.
- Resume your normal diet slowly and as tolerated.
- Do not drive or operate any machinery, sign any legal documents, or make critical decisions or return to work until the next day.
- Do not drink alcohol or take any unprescribed medication.
- Follow up with your physician's recommendations for continued gastrointestinal health