



Department of Gastroenterology Endoscopy

715 N. Weber

Colorado Springs, CO 80903

Phone: 1-719-473-6115 | Fax: 719-473-6886

# Absolutely **no** liquids 4 hours prior to your procedure. No food after midnight the night before.

*\*Failure to follow these dietary instructions can result in the cancellation or reschedule of your procedure.*

Ordering provider:    Dr. Jayme Tishon                      Ben Hicks, PA                      Justin Kidd, PA                      Other

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**Facility:**                      Optum Endoscopy  
715 N. Weber  
Colorado Springs, CO 80903

Patient's name:  
\_\_\_\_\_

**Doctor:** Dr. Tishon    Procedure date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Check-in time: \_\_\_\_\_ : \_\_\_\_\_     a.m.     p.m.    Procedure time: \_\_\_\_\_ : \_\_\_\_\_     a.m.     p.m.

## EGD (esophagogastroduodenoscopy)

## Preparation for the procedure

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1. Please return any paperwork 2 weeks before your procedure.
2. Please read all instructions at least 7 days before your procedure.
3. You must be accompanied by a responsible adult to drive you home. (Bus, taxi or Uber/Lyft-type services are not acceptable, unless accompanied by a friend or family member.)
4. If you have a fever on the day of your procedure or develop an active, contagious infection such as MRSA or chicken pox, please call the facility prior to leaving home.

## Five days before the procedure

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1. You may continue all your regular medications **except** those listed below. You **must** stop the following medication 5 days (or as advised by physician) prior to your procedure:

- a. **Blood thinners:** Aleve®, Motrin products
- b. **Iron, Fish oil**
- c. **Plavix® (as advised by your physician)**
- d. **Xarelto® (as advised by your physician)**
- e. **Coumadin® (Warfarin®) (as advised by your physician)**
- f. **Aggrenox® (as advised by your physician)**

**\*\*Aspirin 81mg is okay and we request you continue taking Aspirin that is a part of your medication routine.**

**\*\*Tylenol® is okay.**

**\*\*It is imperative you continue taking all medications as it pertains to heart, high blood pressure, chronic pain, or thyroid. These can be taken 2 hours prior to your procedure with a small sip of water.**

## One day before the procedure

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- **All day:**
  - Drink plenty of water throughout the day
  - Nothing at all to eat after **midnight** the night prior to your procedure.

## Day of the procedure

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- **Morning:**
- You may **not** eat breakfast the morning of your procedure.
- **Clear liquids only, up to 4 hours prior to your procedure** (see below list of acceptable items), no solid foods, milk, or milk products.
- **DO NOT** stop cardiac, blood pressure, aspirin, or other medication unless you doctor instructs you to stop. These can be taken two hours prior to your procedure with a **small** sip of water.
- Insulin-dependent diabetics please check with your primary care provider — ½ dose is often recommended. Non-insulin dependent — hold oral dose until after your procedure.
- Asthmatics — bring inhalers
- Wear loose, comfortable clothes.
- **DO NOT SMOKE MARIJUANA, CIGARETTES, PIPES, VAPE PENS, OR E-CIGARETTES.**
- **NO GUM, HARD CANDY, COUGH DROPS, OR CHEWING TOBACCO**

## What to expect during your EGD

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- After your initial evaluation by the admitting nurse, an IV will be started. You will then walk to the procedure room, where your vital signs will be monitored throughout the procedure. The medications used for sedation (i.e. Versed™, Fentanyl™, Propofol™) will be injected through the IV that was previously started; this will make you sleep and keep you relaxed during your procedure. You will be asked to lie on your left side. A EGD scope (a lighted flexible instrument) will be inserted into your mouth and down into your stomach. Air will be introduced for better visualization.
- The doctor may obtain a biopsy (a small tissue sample) or remove a polyp (a growth). These samples are sent to a pathologist for further testing. Obtaining biopsies and/or the removal of polyps does not cause any unusual discomfort. You will receive written results from our office within 4 weeks.
- Possible complications of the procedure may include (but are not limited to) reaction to medications, irritation, infection at the IV site, bleeding, or perforation of the hollow organ, which is rare. If such a rupture happens, it may need to be surgically repaired.
- The medications you are given can make your sleepy and/or lethargic; for this reason, you **must** have a ride home. You **must** be accompanied by a friend or relative, 18 years or older, to drive you home. You **may not** drive or go home by taxi, uber, or bus. **This is for your safety.**

## Financial Cliff Notes

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**Please be advised**, every procedure will incur three or four (3–4) separate fees that you will receive a bill for:

1. Facility fee – The facility where the procedure is performed.
2. Physician's fee – The GI provider that performed the procedure.
3. Anesthesia fee – For sedation

4. Pathology fee – From the outside laboratory that tests any biopsies taken during your procedure.

If you have any questions, please contact our billing department at 1-719-463-5903 (Monday through Friday 8 a.m. to 5 p.m.)

## Frequently asked questions

- 1. What is an ABN form\* and why are there 3 of them?** (\*Medicare ONLY patients) The ABN form is a federally mandated form from Medicare. There are 3 forms — one is for the physician's charges, one is for the facility charges, and one will be for the anesthesia charges. These are to inform you of the estimated charges for your procedure. You will need to select 1 of the 3 options and sign and date.
- 2. How long does the procedure(s) take?** The EGD (upper scope) will take approximately 10 minutes. ALL times are approximate, depending on the procedures before yours.
- 3. Does my ride have to stay for my procedure?** Yes, we request that your ride be readily available from arrival to discharge
- 4. When can I eat or drink again?** You will get something to drink in recovery. Once you are discharged, you can usually eat a normal diet right away, unless the doctor tells you otherwise. We recommend starting out with small and easy to digest meals.
- 5. Will my primary care or referring provider get a report as well?** Yes, we will send a written report to any doctor that you would like us to. A copy automatically goes to your referring provider that you have listed on your patient demographic sheet unless you request otherwise.
- 6. Where does my ride park?** There is parking behind the building – you will be discharged through the back of the building. Please take Monument or Dale Street. Go ½ way down the block to the alley. You will see grey awnings on the back of the building that says Digestive Disease Clinic.
- 7. How long will it take to get the results of my pathology (biopsies or polypectomy)?** If a biopsy is performed, it will be sent to pathology for diagnosis. It generally takes 10-14 business days for us to get the results and once the doctor has reviewed the path, you will be contacted by mail or phone. It can take up to 4 weeks for you to get a letter with your results.

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