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Gastroenterology

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301-262-8188

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UPPER ENDOSCOPY INSTRUCTION PACKET

_____ has an **Upper Endoscopy** scheduled:

Date: _____ **Arrival Time:** _____

Location: Greenbelt Endoscopy Center
9821 Greenbelt Road, Suite 103
Lanham, MD 20706
Telephone: 301-552-1801
Fax: 301-552-2695
Web: www.greenbeltendoscopy.com

Enclosed is the information for your upcoming procedure with Dr. Siegel at Greenbelt Endoscopy Center.

Please read all of these instructions several days prior to your procedure.

Your packet should contain:

- ❖ Instructions for your procedure
- ❖ Other preparations (If applicable)
- ❖ Understanding your procedure
- ❖ Information about the Anesthesia
- ❖ Pre-op instructions (If applicable)

You will need to arrange transportation with a family member or friend. Per the facility instructions public transportation or a taxi service is not acceptable.

If you are taking **Coumadin** it will need to be discontinued 5 days prior to your procedure.

Please be aware that some insurance plans may not cover all of the medical claims associated with your procedure. You may receive multiple bills from the providers performing your procedure including Dr. Siegel or Dr. Sachdev, Greenbelt Endoscopy Center, the anesthesiologist and any other provider involved with your procedure. Please contact your insurance company to verify what your out of pocket expenses are going to be. You may also contact the billing department at the Greenbelt Endoscopy Center on 240-553-0301.

If there are any questions please contact our office at 301-262-8188 x211.

Thank you.

INSTRUCTIONS FOR UPPER ENDOSCOPY (EGD)

A FEW DAYS BEFORE YOUR UPPER ENDOSCOPY PROCEDURE

- ❖ Arrange to have someone drive you to the procedure and home following the procedure.
- ❖ If you are a female of childbearing age (10-50) and are planning a pregnancy, or have not menstruated for more than 28 days regardless of the reason, please contact your physician as soon as possible. You may be required to have a pregnancy blood test prior to the procedure.

THE DAY BEFORE THE PROCEDURE

- ❖ **Take nothing by mouth after midnight.**
- ❖ If applicable, take blood pressure, asthma, seizure and heart medication with small sips of water.
- ❖ Avoid smoking and drinking alcohol for 24 hours prior to the procedure.
- ❖ A staff member from Greenbelt Endoscopy Center will contact you to go over information concerning the procedure.

ON THE DAY OF THE PROCEDURE

- ❖ On the morning of your procedure, take nothing by mouth except any necessary medication such as blood pressure, asthma, seizure and heart medication with small sips of water. Do not take insulin or diabetic medication. If you are unsure about which medication is permitted, please call the office.
- ❖ Please report to the Endoscopy Center on time.
- ❖ Leave all valuables at home.
- ❖ If you wear contact lenses please wear glasses the day of your procedure.
- ❖ If you wear dentures, please do not apply any denture paste or glue to your dentures. You will need to remove your dentures prior to the procedure.
- ❖ Bring all your medications.
- ❖ Bring your co-payment and referral, if applicable.
- ❖ Bring your insurance card.
- ❖ ***MAKE SURE YOU HAVE SOMEONE TO DRIVE YOU HOME.***

ONCE YOU ARRIVE AT GREENBELT ENDOSCOPY CENTER

- ❖ Report to the reception desk for registration. The patient will be taken to the admission area.
- ❖ Once the patient arrives in the admission area a nurse will perform the pre-op assessment and complete the necessary documents.
- ❖ The nurse will insert an IV for fluid infusion and access for the sedation, which will be administered in the procedure room.
- ❖ Patients will then be transferred from the admission area to the procedure room.
- ❖ After the procedure is performed, you will be transferred to the recovery room.
- ❖ Dr. Siegel would like to talk to the family member accompanying the patient immediately after the procedure.
- ❖ You will continue to be monitored by a nurse for 30 minutes.
- ❖ Dr. Sachdev and the recovery room nurses will give post procedure instructions to the patient. A copy will be given to the patient to take home.
- ❖ You will receive a phone call from Greenbelt Endoscopy Center the day following your procedure for any questions or concerns.

NOTE: Total estimated time is about 2½ to 3 hours for all procedures.

PREPARATION (IF APPLICABLE)

If you have a history of any of the following you will need to contact your cardiologist and get a cardiac clearance BEFORE the procedure:

- ❖ Chronic heart failure
- ❖ Atrial fibrillation
- ❖ Heart block with pacemaker
- ❖ Coronary artery disease
- ❖ Coronary artery disease with AICD implant
- ❖ Chronic renal failure on dialysis
- ❖ Abdominal aortic aneurysm
- ❖ Morbid obesity (A Body Mass Index in the range of 43-48)

If you do not have a cardiologist, but need a cardiac clearance please call 301-262-8188 x211 to get the appropriate testing done.

If you do have a cardiologist and have scheduled an appointment, please call 301-262-8188 x211 to notify us of the appointment for our records.

YOUR PROCEDURE

Please follow your gastroenterologist's pre-procedure instructions very carefully. Notify your gastroenterologist if you are taking any blood thinners (including aspirin), require antibiotics prior to invasive procedures, take insulin or take blood pressure medication. Also, if you have any special needs, or if you know you are pregnant or think that it is a possibility, please alert your doctor at the time you are scheduled.

Please be advised that a GEC nurse will call your home the day before the procedure. Please make sure that you are available. If you are not available, a message concerning your procedure will be left on your answering machine or with the party answering the phone **unless you inform us not to do so.**

Please bring a list of the medications you are currently taking. Please notify us anytime this information changes so that we may update your records. Because you will be receiving sedation, **you must bring a responsible adult with you to drive you home or accompany you home in a taxicab after your procedure.** You will not be allowed to drive yourself home or take a taxicab home alone.

If you are having an upper endoscopy, your procedure will take approximately 15 to 30 minutes. If you are having a colonoscopy, your procedure will take approximately 30 to 45 minutes. Your length of stay in the recovery area will range anywhere from 30 to 90 minutes, depending on the procedure you are having done and the amount of sedation you have received.

After Your Procedure

Following an upper endoscopy, you may experience a slightly sore throat that may be relieved with warm liquids or throat lozenges.

Following a colonoscopy you may experience slight cramping and tenderness in the rectal area. Warm fluids and moving about will ease the cramping sensation. Applying Vaseline to the rectum will ease the tenderness. You may also take Tylenol, if necessary.

Directions

From Route 495 S (Richmond): Take exit 22A (BW Parkway) towards Baltimore. Take the next immediate exit (Rt. 193 Greenbelt NASA) Go east on 193 for 2½ miles until you get to the intersection of Good Luck Rd. Turn right on Good Luck Rd. and immediately get in the left lane. Turn left into the first driveway into the complex. Continue straight and then make a left to the lower level parking lot. You will see the Greenbelt Endoscopy sign outside of Suite 103.

From Route 495 W (Baltimore/College Park): Take exit 23 (193 East). Veer right and follow the signs for 193 E (Greenbelt Road). At the light turn left onto 193 E. Go east on 193 for 2½ miles until you get to the intersection of Good Luck Rd. Turn right on Good Luck Rd. and immediately get in the left lane. Turn left into the first driveway into the complex. Continue straight and then make a left to the lower level parking lot. You will see the Greenbelt Endoscopy sign outside of Suite 103.

From Bowie Take 450 W. Turn right onto 193 W (Glenn Dale Blvd.). After you pass route 564 (Lanham-Severn Rd.) route 193 becomes Greenbelt Rd. Continue on 193 W until you get to the intersection of Greenbelt and Good Luck Rds. Make a left at the intersection and stay in the left lane. Turn left into the first driveway into the complex. Continue straight and then make a left to the lower level parking lot. You will see the Greenbelt Endoscopy Center sign outside of Suite 103.

UNDERSTANDING UPPER ENDOSCOPY

What is an endoscopy? Endoscopy is a procedure that enables your physician to examine the lining of the upper part of your gastrointestinal tract, the esophagus, stomach and duodenum using a thin flexible tube with its own lens and light source.

Why is an upper endoscopy done? Upper endoscopy is usually performed to evaluate symptoms of persistent upper abdominal pain, nausea, vomiting or difficulty swallowing. It is also the best test for finding the cause of bleeding from the upper gastrointestinal tract. Upper endoscopy can detect early cancer, and can distinguish between benign and malignant conditions when biopsies of suspicious areas are obtained. Biopsies are taken for many reasons and do not necessarily mean that cancer is suspected. A cytology test may also be performed. Upper endoscopy is also used to treat conditions present in the upper gastrointestinal tract. A variety of instruments can be passed through the endoscope that allow many abnormalities to be treated directly with little or no discomfort, for example, stretching narrowed areas, removing polyps, swallowed objects or treating upper gastrointestinal bleeding.

What preparation is required? For the best and safest examination, the stomach must be completely empty. You should have nothing to eat or drink, including water for approximately 6 hours before the examination.

What about my current medications? Before the test, be sure to discuss with the doctor whether you should adjust any of your usual medications before the procedure and any drug allergies you may have.

What can be expected during endoscopy? Your doctor will review with you why an upper endoscopy is being performed and possible complications from the procedure. You may have your throat sprayed with a local anesthetic before the test begins and will be given medication through a vein to help you relax during the test. While you are in a comfortable position on your side, the endoscope is passed through the mouth and then in turn through the esophagus, stomach and duodenum. The endoscope does not interfere with your breathing during the test.

What happens after an endoscopy? After the procedure your physician will explain the results to you. Your throat may be a little sore for a while, and you may feel bloated right after the procedure because of the air introduced into your stomach during the test. You will be able to resume your diet after you leave the procedure area unless instructed otherwise.

What are the possible complications of an endoscopy? Endoscopy is generally safe. Complications can occur but are rare when the physicians with specialized training and experience in this procedure perform the test. Bleeding can occur from a biopsy site or where a polyp was removed. It is important for you to recognize early signs of any possible complication. If you begin to run a fever after the test, begin to have trouble swallowing or have increasing throat, chest or abdominal pain, let your doctor know immediately.

Greenbelt Anesthesia Associates
9821 Greenbelt Road, Suite 103
Lanham, MD 20706
301-552-1801
Fax 301-552-2695

IV Sedation is administered through an intravenous catheter to minimize any discomfort that might be experienced during the endoscopic procedure. During moderate sedation, the patient will be drowsy, and can sleep throughout the procedure. Patient can awaken when touched or spoken to. During deep sedation, breathing can be slowed. Patient will sleep throughout the procedure until the medication wears off.

IV Sedation Agent is a combination of sedative, narcotic and propofol during your procedure. Propofol is a very fast acting anesthetic that will be administered by an anesthesia provider (CRNA). Propofol produces hypnosis rapidly, usually within 40 seconds after administration, and it will wear off very fast. The sedative will make you relaxed and comfortable during the procedure. Prior to your procedure, the anesthesia provider will evaluate your medical condition and will formulate an anesthetic plan taking into consideration your physical status

Notify Your Anesthesia Provider Immediately If you have ever had any problems with sedation or anesthesia. You have an allergy to egg yolk or soy protein. You have sleep apnea. If you have sleep apnea and you have a CPAP machine at home, bring it with you the day of your procedure. If sleep apnea is unknown, alert anesthesia provider if you snore loudly at night or if you feel tired or not rested the next morning.

What Happens During and After Sedation? As with any type of sedation, you will be monitored to ensure your safety. Your heart rate, respiration, blood pressure, oxygen level and heart rhythm will be monitored throughout the procedure and during the post procedure recovery phase. After the procedure is done, you will be transferred to the recovery room. Recovery time depends on the amount of each medication received usually between 20 to 30 minutes. By this time, you will be fully awake.

Possible Risks and Side Effects associated with anesthesia include but are not limited to worsening of a preexisting medical problem, airway difficulties and drug reactions. Drug reactions can include rash, nausea, vomiting, muscle aches, headache, wheezing and very rarely, shock. Maintaining an airway may include placement of an oral or nasal airway, laryngeal mask airway or an endotracheal tube. Reactions to artificial airways include laryngospasm, which requires immediate corrective treatment. Manipulation of the airway may result in damage to caps, bridges or damaged teeth and very rarely to sound teeth. Some individuals may experience a sore lip, throat or hoarseness. IV catheters may cause inflammation, swelling or bleeding.

Things To Do The Day of Your Procedure: In order to receive sedation you must follow the instructions below regardless of any other instructions that you have received:

- ❖ Nothing to eat or drink after midnight. Please be advised that the procedure will be cancelled if you have eaten prior to your procedure.
- ❖ Diabetic patients: if you have symptoms of hypoglycemia (low sugar) suck on a hard candy. Do not drink juice.
- ❖ Patients that take blood pressure and heart medications, take your medicine with a sip of water early in the morning the day of your procedure.
- ❖ Patients **MUST** have a responsible person driving them home. **Be aware that public transportation such as a bus or Metro is not acceptable.** You may take a taxi as long as you have a companion riding with you.
- ❖ If you have had a heart attack less than four months from your visit, your procedure will be cancelled.

Please feel free to ask your physician or anesthesia provider if you have any unanswered questions about the sedation you will be receiving or about your procedure.

PRE-OP INSTRUCTIONS FROM GREENBELT ENDOSCOPY CENTER
PLEASE READ CAREFULLY

1. If you have a BMI (body mass index) of 43-48 please contact Greenbelt Endoscopy Center as soon as possible for pre-procedure screenings. This may include fasting blood work and an EKG if there are no recent ones available. If you unsure and want to check you BMI please contact the office or go to www.nhlbisupport.com/bmi.
2. If you have multiple medical problems such as **high blood pressure, diabetes, breathing problems, heart problems, etc.** you must contact the Greenbelt Endoscopy Center as soon as possible for pre-procedure screenings.
3. If your BMI is less than 43 and you have absolutely no health problems, you will receive a call from the Greenbelt Endoscopy Center at least 3 days before your procedure. If you are unsure of your medical conditions, please call the Greenbelt Endoscopy Center.

Please provide the following information for pre-procedure screenings:

1. Name and phone number of primary physician and cardiologist if applicable
2. List of current medications including:
 - ❖ Name of medication
 - ❖ Dosage
 - ❖ Frequency
3. Copy of recent blood work

**TO AVOID UNNECESSARY CANCELLATIONS OF YOUR PROCEDURE
PLEASE FOLLOW THE ABOVE INSTRUCTIONS**

Hours of pre-procedure screenings at the Greenbelt Endoscopy Center are:

Monday, Wednesday and Friday - 8:00 am - 12:00 pm
Tuesday and Thursday - 3:00 pm - 6:00 pm