

UPPER ENDOSCOPY INSTRUCTIONS

Gastroenterology Clinic of San Antonio

___ Dr. Nick Martinez

___ Dr. Charles Randall

___ Dr. Franz Zurita

___ Dr. David Stump

___ Dr. Russell Havranek

___ Dr. Gary Gossen

___ Dr. Bassem Mazloum

___ Dr. Jorge Munoz

___ Dr. John Vizuete

Patient Name: _____

Procedure Date: _____

Procedure Time: _____

Arrival Time: _____

Procedure Location:

San Antonio Endoscopy Center
8550 Datapoint Suite 100 210-615-7232

Methodist Plaza
4499 Medical Drive Sub Level 1 210-575-4999

To Reschedule, cancel, or for any questions please call
210-615-8308

EDG or ESOPHAGOGASTRODENOSCOPY

Information Form

Your physician has determined that a EGD is necessary for further evaluation or treatment of your condition. This sheet has been prepared to help you better understand the procedure. This form includes answers to questions patients ask the most frequently. **Please read it carefully.** If you have any additional questions, please feel free to discuss them with the endoscopy nurse or your physician before the exam begins.

DAY OF YOUR PROCEDURE:

If you take medication, you may **ONLY** take high blood pressure medication the morning at least 4 hours prior to the procedure with a tiny sip of water. If you are insulin dependent, then it is **YOUR** responsibility to check with your diabetes doctor for specific instructions. Arrive at the endoscopy center 1 to 1½ hours prior to your procedure with **ONLY** your driver's license insurance card, form of payment and someone to drive you home. You will **NOT** be allowed to drive yourself home by taxi or bus. If this is not followed, then your procedure will be canceled and rescheduled and you could be subject to a fee. The endoscopy center may be calling you to get a medical history over the phone. The center is not the same as your doctor's office, so please be aware that they may be calling you. If you have any questions about any of this information, please let us know. We want your experience to be as safe as possible.

WHAT ABOUT MY MEDICATIONS?

Most medications can be continued as usual, but some medications can interfere with the preparation or the examination. Therefore, it is best to inform your doctor of current medications as well as any allergies to any medications several days before the examination. Aspirin products and arthritis medications are no longer thought to lead to an increased risk of bleeding after the EGD, so they can usually be continued until the day before the examination.

***** Anticoagulants (blood thinners) such as the following are to be stopped 7 days prior to the examination*****

Aggrenox (aspirin/ dipyrimadole)
Agrylin (anagrelide)
Coumadin (warfarin)
Persantine (dipyridamole)

Plavix (clopidogrel)
Pletal (cilostazol)
Ticlid (ticlopidine)
Any other strong blood thinners

*insulin and iron products are examples of medications whose use should be discussed with your physician prior to the examination.

*Even if you require antibiotics prior to undergoing dental procedures it is not necessary to take the prior to colonoscopy. This is taken directly from the recommendations of the American Heart Associations 2007 guidelines.

WHAT IS AN EGD AND WHY IS IT DONE?

EGD (also known as an upper GI Endoscopy) is a procedure that enables your physician to examine the lining of the upper part of your gastrointestinal tract, i.e., the esophagus (swallowing tube), stomach and duodenum (first portion of the small intestine) using a thin flexible tube with its own video camera and light source. An EGD is usually performed to evaluate symptoms of persistent upper abdominal pain, nausea, vomiting, bleeding or difficulty swallowing. An EGD is more accurate than X-ray films for detecting inflammation, ulcers or tumors of the esophagus, stomach and duodenum. An EDG can detect early cancer and can distinguish between benign and malignant (cancerous) conditions when biopsies (small tissue samples) of suspicious areas are obtained. Biopsies are taken for many reasons and does not necessarily mean that cancer is suspected. An EGD is also used to treat various conditions present in the upper gastrointestinal tract. A variety of instruments can be passed through the scope that allows many abnormalities to be treated directly, without

the need for surgery, with little or no discomfort. For example; stretching narrowed areas, removing polyps (abnormal growths), taking biopsies of abnormal areas, or treating a source of bleeding.

WHAT PREPARATION IS REQUIRED?

It is necessary to have a completely empty stomach for the safest and best possible examination. You should have nothing by mouth for 8 hours prior to the procedure. Several days before the examination you should notify the physician of any medications you take regularly, any heart or lung conditions (or any other major diseases), and whether you have any drug allergies. **Please Abstain from Smoking the day of your Procedure.**

WHAT CAN BE EXPECTED DURING AN EGD?

Your physician will review with you why an EGD is being performed; potential complications from an EGD and alternative diagnostic or therapeutic tests are available at that time. A local anesthetic may be sprayed on the back of your throat and a sedative will be given through an IV in your hand to make you comfortable during the test. Most patients remember feel very little of the examination and most patients fall asleep during the test. The exam begins with you lying comfortable on your left side. The scope is passed through your mouth, down your esophagus, through your stomach and into your small intestine. The scope does not interfere with breathing. Air is introduced through the scope during the exam and may cause some temporary bloating after the procedure. The test usually lasts between 10 and 15 minutes.

WHAT HAPPENS AFTER EGD?

After the test, you will be monitored in the recovery area until most of the effects of the medication have subsided. Your throat may be a little sore for a while and you might feel bloated following the procedure. Your doctor will inform you of your tests results; however, because of the effects of the sedation you may not remember some of this so it is important to have an adult there with you that the information can be given to on your behalf. The results of any biopsies will take anywhere from seven to fourteen days and will be mailed to you and your primary physician.

WHAT ARE POSSIBLE COMPLICATIONS OF AN EGD?

EGD is a safe procedure, but, just as in any medical procedure, complications can occur. These are rare when the test is performed by physicians with special training and experience in this procedure (gastroenterologist). Potential complications include: BLEEDING- this may occur in approximately 1 in 1000 patients from a biopsy site or when a polyp was removed. It is usually minimal and rarely requires blood transfusions or surgery; PHLEBITIS (localized irritation of the vein)- the medications that are given may rarely require or cause a tender lump that can last several weeks. The applications of heat packs or hot moist towels may help relieve the discomfort; REACTIONS or ALLERGY TO THE MEDICATIONS- we will get a list of all medications you are allergic to, before the exam, but it is possible to have an allergic reaction to medications you have never been exposed to before; PERFORATION (a tear)- this is very rare and can happen for various reasons. It usually heals on its own but may require surgery. It is important for you to recognize early signs of any possible complications and the nurse will go over this with you at the end of the exam. If you begin to

run fever after the test, begin to have trouble swallowing or have increasing throat, chest or abdominal pain, let your doctor know right away. If any questions about any of this information, please let us know. We want your experience to be safe as possible. Please call us at 210-615-8308

NEW OFFICE POLICY

NO SHOWS AND CANCELLATION FEES

EFFECTIVE OCTOBER 20, 2011

(CALL 210-615-8308 TO CANCEL/RESCHEDULE)

OFFICE VISIT \$25.00

COLONOSCOPY \$150.00

EGD \$150.00

FLEX SIG \$150.00

ERCP \$150.00

COLON + EGD \$300.00

We must have a 48 hour notice for any cancelled appointment.