

Patient Name: _____
Physician: _____
Procedure Date: _____
Procedure Time: _____
Arrival Time: _____

*Banner Estrella Surgery Center, 9301 W. Thomas Road,
Phoenix, 623-388-5700

*Surgical Elite, 10815 W. McDowell Suite 101,
Avondale, 623-433-0110

*West Valley Hospital, 13677 W. McDowell,
Goodyear, 623-882-1850

Upper Endoscopy

- ***You will need a designated driver to take you home after the exam, you may not use taxi/cab for transportation back home***

WHEN YOU RECEIVE YOUR INSTRUCTIONS:

- If you take Coumadin®, please contact your doctor AT ONCE.
- If you have an internal cardiac defibrillator, call 623-772-6999 IMMEDIATELY.
- If you have diabetes, please read the attached special instruction sheet. Check your blood sugar prior to exam check-in time. Bring your glucometer to your appointment.
- Bring a current copy of your Advance Directive (i.e., Living Will, Medical Power of Attorney) to place in your medical record, unless you have recently done so.

PLEASE REMEMBER

During this exam, you will receive intravenous (IV) medicine to relax you. For the first 24 hours after this medicine, you may have the following:

- Lapses of memory.
- Slowed reaction time.
- Impaired judgment.

Therefore, the following is necessary for your safety:

- Your exam WILL NOT be done unless you have a responsible adult accompany you home and be available to report any unexpected medical problems.
- Do not drive motorized vehicles or equipment for 24 hours.
- Do not drink alcohol for 24 hours.
- Rest for the remainder of the day.
- Do not return to work.

- Do not assume responsibility for young children or anyone dependent on your care.
- Avoid making important decisions or signing legal documents.
- Do not travel by airplane for 7-10 days after your procedure.

PREPARING FOR THE EXAM

One week (7 days) BEFORE your exam:

- **No aspirin, aspirin-containing products, Advil, Motrin, Ibuprofen, Aleve, Naproxen, Plavix, Trental, Aggrenox, Vitamin-E or other anti-inflammatory medications (1) week prior to procedure.**
STOP DATE:
- **No alcohol 2 days prior to procedure.**

The day BEFORE your exam:

- Eat and drink normally.
- Take your medicine as usual.
- DO NOT eat any solid food after midnight.

The day OF the exam:

- Take your blood pressure and heart medications on the day of procedure with a sip of water. All other medications can wait until after the procedure.
- Eat **NO** solid food. No milk or milk products.
- You may drink clear liquids up to 6 hours before your exam. Clear liquids are the following:
 - Soda
 - Clear chicken or beef broth
 - Water
 - Black coffee or tea WITHOUT milk
 - Gelatin
 - Apple, white grape or cranberry juices
- You may have NOTHING by mouth, 6 hours before your check-in time.

FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN A REPEAT EXAM OR CANCELLATION OF YOUR EXAM.

Please remove and leave all jewelry at home.

UPON ARRIVAL TO ENDOSCOPY DEPARTMENT

You will be asked to change into a gown. Your health history will be reviewed and your IV will be started. Then you will be taken to an exam room. Your vital signs will be watched closely during the exam by a registered nurse.

You will receive medication through your vein. This is called intravenous (IV) sedation. The purpose of this medicine is to help you relax and make you more comfortable. It may make you sleepy but you will still be able to communicate with your caregivers.

During this exam, a medication may be sprayed into your throat to numb the area. The physician will put a thin flexible tube into your mouth. You may be asked to help by

swallowing as it passes through your mouth into your esophagus. It may be necessary to gently stretch (dilate) the esophagus with a tube to help with the passage of the scope.

The tube does not interfere with breathing. You may have a feeling of pressure or fullness as the tube is moved or as air is inserted through the tube. The air may cause you to belch. Excessive saliva will be removed from your mouth by suction.

The scope is equipped with a small camera that sends pictures to a screen. The endoscope allows the physician to look closely for ulcers, inflammation and tumors. There also is an open channel in the endoscope through which the physician may pass instruments to:

- Sample tissue (biopsy)
- Remove foreign objects or polyps
- Stop upper intestinal bleeding
- Stretch narrowed areas (dilatation)
- Inject solutions

Upper endoscopy usually takes between 5 and 20 minutes. When your exam is finished, you will be taken to the recovery area where you will stay for about 30 to 45 minutes.

Your physician will give you the results of your exam by follow-up appointment, phone call or letter.

RISKS ASSOCIATED WITH UPPER ENDOSCOPY

Serious problems with these exams are uncommon. Possible problems include perforation (tear) through the wall of the esophagus, bleeding, infection, or drug reaction. You may discuss all possible problems with your physician.

FINANCIAL QUESTIONS

Ensuring payment for all procedures (and associated costs) is **YOUR RESPONSIBILITY**. Our office will do its best to pre-certify the procedure with your insurance company. We cannot know ahead of time, though, what your part of the cost of the procedure will be. The cost is different for every insurance company and every individual plan. If you have any concerns, you need to contact the customer service department of your insurance provider **PRIOR** to undergoing the procedure. Please remember to inquire about coverage for ancillary services such as the facility fees, anesthesia, and pathology fees.

You understand you are responsible for any deductibles, co-payments, co-insurance or amounts not covered by the Insurance carrier for your procedure. You further understand any collection fees will also be your responsibility. **In addition, you are aware that if you cannot attend your**

scheduled procedure, you must call at least 48 hours in advance to avoid a \$200 no show fee.

AFTER THE EXAM

Discomfort

It is normal to feel bloated. This will last until the air is expelled. Usually this will be complete by the day after your exam.

You may have a mild sore throat. Throat lozenges, gargling with warm salt water and/or a non-aspirin pain reliever may help.

You may notice blood-tinged saliva for a short time after your exam.

Medications

You may resume taking your medications unless otherwise instructed.

Activity

Rest for the remainder of the day.

Diet

Resume your regular diet if no other tests are ordered. If you had dilatation, start with soft foods and add solid foods when you are able to eat them.

WHEN TO SEEK MEDICAL HELP

If you experience any of the following symptoms, call or go to the nearest Emergency Department.

- Vomit blood.
- Pass black or very dark stools.
- Neck or chest pain.
- Constant abdominal pain that is not relieved by expelling air.
- Temperature of 100.4 degrees F. (38 degrees C.) or greater.

If you have any questions about preparing for your upper endoscopy or the exam itself, do not hesitate to speak with your physician.

Call 623-772-6999.