

Digestive Health Center

UPPER ENDOSCOPY (EGD) INSTRUCTIONS

Appointment Date: _____ Arrival Time: _____

**Plan to spend 2.5 – 3 hours in the GI Lab

Physician: _____

Location 259 E Erie St, Lavin Pavilion, 16th floor, Chicago, IL

675 N Saint Clair St, Galter Pavilion, 4th floor, Chicago, IL

Please keep your original appointment. If you need to re-schedule your procedure, you **MUST** give at least a seven-day notice.

For scheduling-related matters, please call: 312.926.0628

For clinical concerns/questions, please call: 312.695.5620

Procedure Preparation

SEVEN DAYS BEFORE THE PROCEDURE

- If you are taking a **blood thinner** (Coumadin, Plavix, Eliquis, etc.) other than aspirin, please contact the prescribing physician about discontinuing or bridging this medication prior to the procedure. You may continue to take aspirin.
- If you are taking **diabetic medication**, please contact the prescribing physician to discuss dosage adjustments to avoid low blood sugar.

THREE DAYS BEFORE THE PROCEDURE

- Please contact your insurance company to verify coverage and if you will have any out of pocket costs, or precertification requirements. Please see the insurance/billing section in this document for more information.
- Make transportation arrangements utilizing the transportation and parking section of this document.
- You may complete pre-procedure forms ahead of time by visiting: <https://www.nm.org/conditions-and-care-areas/digestive-health>.
 - Scroll to the bottom of the page and locate Related Resources. Select GI Lab Patient Questionnaire and Medication List.

Medications

- If you are taking a **blood thinner (Coumadin, Plavix, Eliquis, etc.)** other than aspirin, please contact the prescribing physician about discontinuing or bridging this medication prior to the procedure. You may continue to take aspirin.
 - Do NOT wait until the day before your procedure to have this discussion, as some blood thinners need to be held several days prior to the procedure.
 - Aspirin, NSAIDs and fish oil are okay to continue taking.
- If you are taking **diabetic medication**, please contact the prescribing physician to discuss dosage adjustments to avoid low blood sugar.
- You may take your other normal medications up until four hours prior to arrival time.

THE DAY OF YOUR PROCEDURE

- **Morning procedures:** do not eat any solid food after midnight.
- **Afternoon procedures:** you may have a LIGHT breakfast (toast, muffin, fruit) as long as it is at least six hours before your arrival time.
- Any liquid other than water must be drunk at least six hours before your scheduled arrival time.
- You may have water up until four hours before your scheduled arrival time.
- You may take your morning medications up until four hours before your scheduled arrival time.
- Bring a photo ID and an insurance card.
- We recommend leaving any valuables at home or giving them to a trusted family member or friend.
- If you use any inhalers or a CPAP machine, please bring these items with you to the procedure.

Transportation and Parking

- Due to the lingering effects of the sedation, you **MUST** have a trusted and capable adult accompany you home at the time of discharge. Your procedure will be cancelled if you do not have an escort arranged.
- You cannot take a taxi, Uber or public transportation by yourself; you must have a trusted and capable adult with you.
- You will NOT be able to return to work after the procedure.
- If you do not have an adult to accompany you home, a Medi-Car may be arranged to drive you home if your address is within the service area. Payment is required at time of service.

- For pricing, service area, and scheduling, please call Superior Ambulance Company/Medi-Car and specify “GI lab” location: 312.926.5988.
- If you need to arrange a Medi-Car, please call the above number to schedule 24–48 hours prior to your procedure.
- Parking for the Lavin location is available within the Lavin building located at 259 E. Erie Street, which is accessible from both Erie and Ontario streets. Bring your parking ticket to the GI lab for validation to receive a discount on your parking deck fee.
- Parking for the Galter Pavilion is located at 222 E. Huron Street. Use second-floor bridge to access Galter Pavilion.
- For more information on our parking garage locations, parking deck fees, and a map, please visit www.nm.org.

Insurance and Billing

To avoid any unforeseen charges, please verify benefits, coverage and preferred location(s)/providers for this procedure with your insurance company. Please refer to your specific codes below.

EGD Procedure (CPT) Code: 43235

EGD Diagnosis (ICD-10) Codes: _____

Prior Authorization

Our prior-authorization department will check with your insurance plan to inquire if a prior-authorization is needed and this will be completed if your plan requires.

- However, please note that a prior-authorization **does not guarantee** payment and **does not mean** you will not have any out-of-pocket cost after your insurance has paid. To find out if you need to expect to pay anything out-of-pocket, please call your insurance company and refer to the codes provided.
- Please call your insurance company three days prior to your procedure to verify that authorization has been received (**traditional Medicare and traditional Medicaid do not require prior authorization**).
- If your procedure has not been approved, please call our prior-authorization department at 312.926.3041.

Disclaimer: This form does not guarantee coverage. It does not authorize payment for services, including out-of-network services or procedures for which a patient is not covered.

Contact Information

**Please review this document and see the FAQ section before calling our office with questions as your question may be answered from within this document.

Clinic: 312.695.5620

Procedure Scheduling: 312.926.0628

Pre-Certification: 312.926.3041

Billing: 844.669.2455

Financial Counseling/Price Estimates: 312.926.6906

Medi-Car: 312.926.5988

Hospital: 312.926.9000

Medical Records: 312.926.3376

Digestive Health Fax: 312.695.7095

digestivehealth.nm.org

Notes:

FREQUENTLY ASKED QUESTIONS

1. Will the procedure be performed under anesthesia?

- Unless your doctor or nurse tells you otherwise, your procedure will be performed under moderate sedation. A peripheral IV will be inserted and two medications will be administered (Versed and Fentanyl); these will make you very sleepy/drowsy during the procedure which is why you need to have a capable adult accompany you home.

2. What if I have a cold?

- If you have a mild cold with no fever, it is okay to take Tylenol and other over-the-counter cold medications and proceed with the preparation and the procedure. However, if you have a fever or more severe symptoms, it may be safer to call and reschedule the procedure. Please call the office to discuss further.

3. Which medications should I take on the day of the procedure?

- See the Medication section in the beginning of this document for information regarding diabetic and blood thinner medications. All other medications can be taken up until four hours prior to your arrival time or after the procedure.

4. What if I have removable dental work?

- Please remove any loose dental work prior to the procedure

5. Pregnant or breastfeeding

- Please let us know if you are or could be pregnant because, except in very rare cases, an endoscopy should not be performed.
- If you are breastfeeding, you will need to pump and dump your milk for 24 hours after the procedure.

6. Will I have discomfort after the procedure?

- Typically, no. However, some people can have a mild sore throat after the procedure, but this should be tolerable and should resolve after one to two days. For any severe or intolerable symptoms, please contact our office or go to the emergency room.

7. What can I expect in terms of recovery?

- The sedation medication used during your procedure will help you feel relaxed and calm. There is a possibility you may remember parts of your procedure, but many do not. After your procedure, you may feel weak, tired, or unsteady on your feet. You may also have trouble concentrating or have short-term memory loss, but these symptoms should go away in 12–24 hours. For these reasons, do not drive, make important decisions, drink alcohol, operate machinery, or return to work for the rest of the day. We strongly recommend that you go home and rest. You may return to normal activity the following day unless instructed otherwise by your physician.