



# Digestive Health Center

## UPPER ENDOSCOPY (EGD) INSTRUCTIONS

### FOR ESOPHAGEAL DYSMOTILITY – 4 DAY

Appointment Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_ Physician: \_\_\_\_\_

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

- Location  259 E Erie St, **Lavin** Pavilion,  
16<sup>th</sup> floor, Chicago, IL
- 675 N Saint Clair St, **Galter** Pavilion,  
4<sup>th</sup> floor, Chicago, IL

#### Insurance Codes:

Procedure Code (CPT): 43235

Diagnosis Code (ICD 10): K22.0

### Welcome

Northwestern Medicine Memorial Hospital strives for your experience with Endoscopy Services and the hospital to be excellent. Your safety and comfort are our primary concern and we want your stay to be an exceptional experience.

### Appointment Information

You will receive an arrival time for your procedure. Please be aware that your procedure may be delayed due to unforeseen circumstances.

**Please keep your original appointment. If you need to re-schedule your procedure, you MUST give at least a 7-day notice.**

**For scheduling related matters, please call: 312.926.0628**

**For clinical concerns/questions, please call: 312.695.5620**

## 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. You cannot take a Taxi, Uber or public transportation by yourself. Your procedure will be cancelled if you do not have an escort arranged.

You will NOT be able to return to work after the 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. Valet parking is available.

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](http://www.nm.org).

<u>Timeline</u>	<u>Procedure Preparation</u>
<b>14 DAYS BEFORE THE PROCEDURE</b>	<ul style="list-style-type: none"> <li>➤ For post pneumatic dilation or post-surgical myotomy (POEM or Heller myotomy) procedures, please stop taking your PPI (Omeprazole, Pantoprazole, Lansoprazole, Esomeprazole, Rabeprazole, or Dexlansoprazole) 14 days prior to the procedure.</li> <li>➤ If you are taking a <b>blood thinner (Coumadin, Plavix, Eliquis, etc.)</b> other than aspirin, please contact your prescribing physician at least 2 weeks before your procedure to discuss how long to hold these medications. Your prescribing physician will tell you how many days prior to your procedure to stop/bridge your blood thinner. You may continue to take aspirin.</li> </ul>
<b>7 DAYS BEFORE THE PROCEDURE</b>	<ul style="list-style-type: none"> <li>➤ If you are taking a <b>blood thinner (Coumadin, Plavix, Eliquis, etc.)</b> other than aspirin, please begin following <u>your prescribing physician's instructions</u> for discontinuing or bridging this medication prior to the procedure. You may continue to take aspirin.</li> <li>➤ If you are taking <b>diabetic medication</b>, please contact the prescribing physician to discuss dosage adjustments to avoid low blood sugar.</li> </ul>
<b>4 DAYS BEFORE THE PROCEDURE</b>	<p><b><u>Diet Instructions:</u></b></p> <p>Follow a full liquid diet <u>ALL DAY 4 days before your procedure</u> beginning when you wake up.</p> <ul style="list-style-type: none"> <li>➤ Full liquids include any of the following:</li> <li>➤ Beverages: Clear liquids, non-carbonated beverages, fruit juice, coffee and tea, milk and alternative milk products, vegetable juices, liquid nutritional products like ensure, boost, or smoothies.</li> <li>➤ Desserts: Thinned custard or pudding, plain ice cream or sherbet, yogurt. Nothing with seed nuts or whole fruit.</li> <li>➤ Meats and vegetables: pureed and thinned with broth or milk.</li> <li>➤ Soups: pureed or strained soups or clear broths.</li> <li>➤ We encourage at least 2 nutritional supplements a day, Boost or Ensure. Your local grocery may also have natural nutritional drinks.</li> </ul>
<b>3 DAYS BEFORE THE PROCEDURE</b>	<ul style="list-style-type: none"> <li>➤ 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 handout for more information on billing, coding, and potential out-of-pocket costs.</li> <li>➤ Make transportation arrangements utilizing the transportation and parking section of this document.</li> <li>➤ You may complete pre-procedure forms ahead of time by visiting: <a href="https://www.nm.org/conditions-and-care-areas/digestive-health">https://www.nm.org/conditions-and-care-areas/digestive-health</a>. <ul style="list-style-type: none"> <li>○ Scroll to the bottom of the page and locate Related Resources. Select GI Lab Patient Questionnaire and Medication List.</li> </ul> </li> </ul>
<b>2 DAYS BEFORE THE PROCEDURE</b>	<p><b><u>Diet Instructions:</u></b></p> <p>Follow a clear liquid diet <u>ALL DAY 2 days before your procedure</u> beginning when you wake up.</p>

	<ul style="list-style-type: none"> <li>➤ Clear liquids include any of the following (please avoid all RED and PURPLE colors):             <ul style="list-style-type: none"> <li>○ Water, apple juice, white grape juice, lemonade (no pulp), broth/bouillon, Jell-O, popsicles/Italian ice, 7-up, ginger ale, Gatorade, coffee, tea (no milk or creamer), Gatorade, Ensure Clear (no purple or red colors).</li> </ul> </li> </ul>
<p><b>THE DAY BEFORE THE PROCEDURE</b></p>	<ul style="list-style-type: none"> <li>➤ If you develop any moderate to severe cold symptoms (cough, sore throat, runny nose, etc.), a fever, new cut or wounds, or experience any other changes in your health before your procedure, please contact your physician’s office.</li> </ul> <p><b><u>Diet Instructions:</u></b></p> <p>Continue to follow a clear liquid diet <u>ALL DAY the day before your procedure</u> beginning when you wake up. Failure to follow this diet may result in cancellation. You may have clear liquids until midnight.</p> <ul style="list-style-type: none"> <li>➤ Do not eat anything including gum, mints, tobacco, cough drops, or smoke any substance (i.e. tobacco, vape, marijuana) after midnight.</li> <li>➤ After midnight, you may have plain water up to 6 hours prior to your scheduled arrival time.</li> </ul>
<p><b>THE DAY OF YOUR PROCEDURE</b></p>	<ul style="list-style-type: none"> <li>➤ You may take your morning medications up until 4 hours before your scheduled arrival time.</li> <li>➤ On the day of your procedure, please be available by phone. Occasionally, procedure times are adjusted if the previous cases have run longer or are finished early.</li> <li>➤ Call your surgery center if you cannot arrive at your scheduled time at 312.926.2425.</li> <li>➤ Bring a photo ID and insurance card.</li> <li>➤ If you have an implanted cardiac defibrillator or pacemaker, bring your device card with you.</li> <li>➤ If you use any inhalers or a CPAP machine, please bring these items with you to the procedure as they may be needed for the procedure.</li> <li>➤ Wear loose-fitting, comfortable clothes.</li> <li>➤ Avoid wearing make-up, jewelry, or contact lenses.</li> <li>➤ If you wear contacts, please bring your glasses as your contacts may need to be removed for the procedure.</li> <li>➤ For your privacy and safety, only one guest is allowed in the pre-operative and postoperative holding areas.</li> <li>➤ Your personal items will be placed and remain under your procedure cart during the entire visit. We recommend bringing only essential items to the hospital and leaving any valuables at home or give them to a trusted family member or friend. The hospital is not responsible for lost or damaged personal belongings.</li> </ul>

**UPPER ENDOSCOPY PREPARATION GUIDELINES**

**GENERAL**

- You may have plain water up to 6 hours prior to your scheduled arrival time – after this, nothing by mouth. This includes gum, mints, hard candy, cough drops, and cigarettes/tobacco/vape/marijuana.

**MEDICATIONS**

- If you are taking a **blood thinner (Coumadin, Plavix, Eliquis, etc.)** other than aspirin, please contact your prescribing physician at least 2 weeks before your procedure to discuss how long to hold these medications. 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 and fish oil are okay to continue taking.
  - Taking NSAIDs (ibuprofen, naproxen, etc.) may cause irritation in your stomach, which may be seen during your endoscopy. If you need to continue NSAIDs for pain, please make sure the endoscopy team is aware of what you are taking before your endoscopy. If you are able to stop NSAIDs before your endoscopy, please stop for 1 week prior to your procedure. Tylenol (acetaminophen) maybe used in place of NSAIDs. You never should stop aspirin.
- 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 2 hours prior to arrival time.

**CONTACT INFORMATION**

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

<b>Clinic</b> .....	312.695.5620
<b>Procedure Scheduling</b> .....	312.926.0628
<b>Pre-Certification</b> .....	312.926.4645
<b>Billing</b> .....	844.669.2455
<b>Financial counseling/price estimates</b> .....	312.926.6906
<b>Hospital</b> .....	312.926.9000
<b>Medical Records</b> .....	312.926.3376

## FREQUENTLY ASKED QUESTIONS

### 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.

### What if I have removable dental work?

- Please remove any loose dental work prior to the procedure

### 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 1-2 days. For any severe or intolerable symptoms, please contact our office or go the emergency room.

### 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 further discuss.

### Which medications should I take on the day of the procedure?

- See Medication section in the beginning of this document for information regarding diabetic and blood thinner medications. All other medications can be taken up until 2 hours prior to your arrival time, or after the procedure.

### Pregnant or breast feeding

- Please let us know if you are or could be pregnant because, except in very rare cases, a upper endoscopy should not be performed.
- If you are breastfeeding, you may resume breastfeeding once you are awake, stable, and alert after your procedure unless otherwise instructed by your physician.

### Pre-procedural Antibiotics

- Antibiotics are rarely needed prior to an upper endoscopy. If you are a patient with kidney failure who receives peritoneal dialysis, please notify us ahead of time by calling our office at least 3 days prior to your procedure. IV antibiotics will be given prior to the procedure. If any of your other doctors feels it is necessary for you to receive antibiotics for another reason, he/she can give you a prescription for them.

### 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 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.