

**Esophagogastroduodenoscopy (EGD) Prep Instructions
Endoscopic Ultrasonography (EUS) Prep Instructions
Endoscopic Retrograde Cholangiopancreatography (ERCP) Prep Instructions**

Patient Name:
Gastroenterologist:
Date/Time of Procedure: _____ Arrive: _____
Report to Main Building, 2nd Floor, Room M2210
Hospital Address: 3800 Reservoir Rd. N.W., Washington, D.C. 20007

Instructions:

Attached are detailed instructions as well as a checklist to help you prepare for your procedure. Please read the instructions in their entirety and use the checklist as a guide to help ensure a complete prep for your procedure.

Procedure Checklist

Before you start:

- If you have questions concerning your current medications, call 202-444-8541 and select option 4 to speak to a nurse.
- Make arrangements for a responsible adult or medical transport to drive you home after your procedure.
 - o You may not use a bus, a taxi, or a ride share application, such as Uber, without a responsible adult to accompany you to your home
 - o You are not to drive for the remainder of the procedure day.
- You should expect to spend up to 4 hours in our department on the day of your procedure.

Day of your procedure:

- Do not eat or drink anything after midnight
- Medications to take the day of the procedure:**
 - o Blood pressure and heart medications with a small sip of water at least 4 hours prior to your procedure time.
 - o Your other medications can be held until after your procedure.
- Arrive 1 hour before the scheduled time with an adult who will be available to drive you home.
- If your insurance company requires a referral, you must bring it with you or fax it to 202-444-4211 prior to your scheduled procedure date.
- Bring your current insurance card(s), co-pay (if applicable), and a current picture I.D. with you on the day of your procedure.
- Bring a list of ALL of your medications and allergies, a copy of your most recent medical evaluation, and a copy of your EKG if you had one recently.
- Wear comfortable clothing that is easy to remove and leave your valuables at home.

****If you have any questions or need to reschedule your procedure, please call 202-444-8541 and select option 1 to reschedule or option 4 to speak to a nurse Monday- Friday from 8:30am to 5:00pm. If you have any urgent question between 5:00pm-7:30am please call 202-444-7243 and ask to speak to the GI fellow (a physician) on call.***

Insurance Disclaimer

Our office will contact your insurance carrier to verify coverage and, if required, obtain pre-authorization for your procedure. However, pre-authorization is not a guarantee of payment and you will be responsible for any deductibles, co-pays, co-insurances, and/or any other plan specific out-of-pocket expenses.

Dependent upon your family history, personal history, prior gastroenterology diagnoses, or findings discovered during your colonoscopy, your procedure may be considered preventative or diagnostic. This determination will not be made until after the procedure has concluded and will be based upon the findings of your exam. In our experience, many insurance carriers cover preventative and diagnostic colonoscopies differently, and as a result, your out-of-pocket payment may also differ. If you have any questions about your coverage, please contact your insurance carrier directly.

Frequently Asked Questions

How do I get to your office?

Please visit: www.MedStarGeorgetown.org/GIDirections for detailed directions.

My procedure is in the afternoon. May I eat or drink in the morning?

No. To ensure your safety during the procedure, it is important that the stomach is empty. Any food or liquid in the stomach at the time of the procedure places you at risk of aspirating those contents into the lung leading to a serious complication called aspiration pneumonia.

I ate breakfast (lunch or dinner) the day before my colonoscopy. Is that okay?

If the preparation instructions were not followed properly, residual stool may remain in the colon and hide important findings from the examining physician. In some cases, if the colon preparation is not good, you may have to repeat the preparation and the exam. *If you accidentally eat any solid food the day before your exam, please call 202-444-8541 and select option 4 to speak with a member of the nursing staff. You may be asked to reschedule your procedure.*

I don't have a ride. Is that okay?

It depends on how the catheter is being placed. You do NOT need a ride if you are having the catheter manually placed. This procedure is performed using a topical anesthetic – a medication which numbs the inside of your nose and possibly your throat. You will be able to drive yourself home after this procedure.

If you are having an upper endoscopy (also called an EGD) to place the catheter, you will be given anesthesia which will put you to sleep. In this case, you MUST have a responsible adult to accompany you home otherwise your PROCEDURE WILL BE CANCELLED! This is a patient safety and legal liability issue and is not open for negotiation. You will be sent instructions for both the pH monitoring AND the EGD if this is how you are scheduled.

How many days prior to my procedure should I discontinue my Coumadin, Plavix or other blood thinning medications)?

The decision to stop or continue blood thinners needs to be discussed between your endoscopist and the physician that prescribes the blood thinner prior to your procedure. The prescribing physician decides if it is safe to hold the medication. You need to call us and your prescribing physician urgently if you have not discussed holding or continuing your blood thinner prior to your procedure. This does not include aspirin.

What medications am I able to take the day before and the day of my procedure?

The day prior to your procedure take your medications the way you normally would. However, for those patients taking any type of bowel cleansing preparation, be advised that you may undergo a prolonged period of diarrhea that may flush oral medications out of your system before they have time to take effect. The morning of your procedure you should take any blood pressure or heart medications you may be on with a small sip of water. You can hold most other medications

and take them once your procedure has been completed. If you have questions about a specific medication(s), please call a member of our clinical staff at 202-444-8541 and select option 4.

I am diabetic. Do I take my insulin?

You must direct that question to the physician who placed you on this medication. Please check your blood sugar the morning of your procedure as you normally would. If you have any questions about your diabetes management in conjunction with your fast for your endoscopic procedure, please consult with your primary physician.

I am on pain medication. Can I take it prior to my procedure?

Many prescription pain medications can adversely affect the medications we use for sedation and for that reason we recommend that the day of your procedure you delay taking your pain medication until after your procedure has been completed. If you have any questions, please call a member of our clinical staff at 202-444-8541 and select option 4.

I am having my menstrual period. Should I reschedule my colonoscopy appointment?

No. Your menstrual period will not interfere with your physician's ability to complete your procedure.

May I continue taking my Iron tablets?

No. Iron can cause the formation of dark-colored stools which can make it difficult for the physician to complete your colonoscopy if your preparation is less than optimal. We recommend you stop taking your oral iron supplements at least one week prior to your procedure.

I have been on Aspirin therapy for my heart. Should I continue to take it?

Aspirin may affect blood coagulation. However, we do not generally recommend stopping Aspirin prior to our endoscopic procedures.

Can the physician change, add, or delete my diagnosis so that I can be considered eligible for a preventative/screening colonoscopy?

No. Your encounter is documented as a medical record based on the health information you have provided and any information/findings obtained during your procedure. It is a binding legal document that cannot be changed to facilitate better insurance coverage.

What if my insurance tells me the physician can change, add, or delete a CPT or diagnosis code?

Your insurance may tell you that if your colonoscopy was coded as a screening, it would have been covered. However, the "screening" diagnosis can only be amended if it applies to you. Most insurance carriers only consider a patient over the age of 50 with no personal or family history and no past or present GI symptoms as "screening". If you receive this information from your insurance, please document the date, name, and phone # of the representative and contact our billing department. We will perform an audit of the billing and investigate the information you were given to ensure proper billing.