

# ATTENTION

You ABSOLUTELY must bring an adult (18 years or older) that can remain in the waiting room the entire time you are at this facility and can also drive you home.

This is for your safety and due to the fact that you will be sedated.

**IF** you do not bring someone that will stay in the facility throughout the entire time you are here,

**WE WILL BE FORCED TO RESCHEDULE YOUR PROCEDURE!**

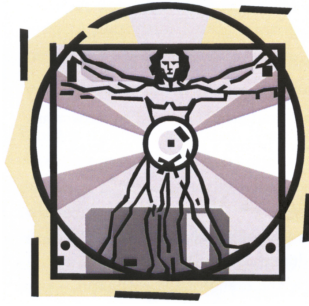
This policy is solely in the interest of your safety and well being.

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\*\*\* Please disregard any email from  
St. Thomas Medical Group regarding your arrival time.

Arrive at the time discussed when your appointment was scheduled.

# EGD



**ST. THOMAS MEDICAL GROUP**

**ENDOSCOPY CENTER**

4230 Harding Pike

St. Thomas Medical Plaza East

Suite 400

Nashville, TN. 37205

(615) 250-4108

[www.stmgendo.com](http://www.stmgendo.com)

**JEFFREY B. ESKIND, M.D.**

**Your appointment has been scheduled for:**

\_\_\_\_\_ Date

\_\_\_\_\_ Time of Arrival

**(This is not your procedure time.)**

Included in the packet below is the information you will need to be prepared for your appointment at the Endoscopy Center.

Enclosed is general information about the procedure and our center.

You will have several forms to sign on arrival to the center, including medical history and medication lists.

Please read the ENTIRE packet carefully.

## THE ENDOSCOPY CENTER

The doctor's, nurses and staff of The St. Thomas Medical Group Endoscopy Center appreciate the confidence you have placed in us. You have chosen one of the finest facilities of its kind in the nation for your medical care and treatment. The facility is staffed with certified registered nurse anesthetists (CRNA) for all cases, providing a safe and comfortable environment for your outpatient procedure. We have always been dedicated to creating a true center of excellence in endoscopy for our patients. We want you to be completely satisfied that the care you receive in the Endoscopy Center is of the highest quality. Our staff would be glad to answer any questions you may have before a service is rendered.

The Endoscopy Center has received certification from Medicare as well as the Tennessee Board for Licensing Health Care Facilities. In addition, major insurance providers have approved our facility for its outstanding service, safety, and cost benefit.

## WHAT IS AN EGD?

An EsophagoGastroDuodenoscopy (EGD) is a procedure that enables your physician to examine your upper digestive tract. The physician inserts the endoscope, a long flexible, lighted tube, about the thickness of your little finger, through the mouth into back of the throat. This allows him to examine the lining of the esophagus, stomach and duodenum (the first portion of the small intestine).

Abnormalities suspected by X-ray can be confirmed and others which may be too small to be seen on X-ray can be detected. If your physician detects an area of inflammation, he can pass an instrument through the endoscope and take a small piece of tissue (biopsy) for examination in the laboratory. Biopsies are taken for many reasons and do not necessarily imply cancer.

## PREPARATION

**DO NOT EAT OR DRINK ANYTHING** past midnight the morning of your scheduled EGD.  
This includes **ALL LIQUIDS**, gum, mints, hard candy, etc.



**NO MINTS**



**NO GUM**

**NOTHING TO DRINK OF ANY KIND**



**DO NOT HAVE ANY SOLID FOOD AFTER 7 PM THE NIGHT BEFORE YOUR ENDOSCOPY!**  
**You may only have clear liquids from 7 pm until midnight.**

**Please...AFTER MIDNIGHT the morning of your procedure: Do not smoke or dip.**

**No electronic cigarettes or vaporizer inhalation.**

- Please notify the office if you have a pacemaker, internal defibrillator, or if there is any chance of pregnancy.
- You may brush your teeth. IF you wear dentures, do not secure them. They will be removed for the procedure.
- Wear comfortable clothing.
- Please bring your insurance cards, photo identification and an updated list of your current medications with you.
- Leave all valuables (i.e. jewelry) at home. We cannot assume responsibility for lost or misplaced items.

# **ABOUT YOUR MEDICATION**

Alerts and Adjustments Needed for your Procedure

**PLEASE READ THIS CAREFULLY!**

**YOUR SAFETY AND WELL BEING DEPENDS ON THIS!**

Failure to read and follow these directions can result in serious complications.

If you take medication for **any** of the following conditions (*blood pressure, seizures, respiratory issues*), please continue these medications as directed by your prescribing physician.

**Do not stop these medications for any reason!**

The morning of your procedure, take these medications with enough sips of water to completely swallow them.

- Blood pressure medication
- Seizure medication
- Inhaler (Please bring your inhaler with you to the Endoscopy Center on the day of your procedure.)

➤ **If you are Diabetic (take medication for your blood sugar):**

If you take diabetic medications or insulin, please bring your medication with you the day of the procedure. If you use an insulin pump, turn it off at midnight before your procedure.

If you take regular insulin injections **or** concentrated insulins such as Humalog, Regular U-500, Lantus, Tresiba, etc, **please check with your prescriber to evaluate how to adjust your specific medication needs.** Since your normal dietary intake will be stopped due to preparation for your procedure, there will be an increased possibility of unexpected blood sugar fluctuations. Adjustments of dosing during preparation and when to hold your insulin on the day of procedure will vary depending on your individual medical status.

➤ **If you take blood thinning medications:**

Blood thinning medications **must be stopped or adjusted** per the needs of the individual patient.

- **Xarelto, Pradaxa, Eliquis, Brilinta and Effient **MUST** be stopped **2 days** prior to your procedure. **NO EXCEPTIONS.** This adjustment must be approved by your prescribing physician **prior to** the day of your procedure.**

**Stop or adjust the medications listed below:**

Medication	Adjustment required	Further Details /Instructions
Aspirin ( any meds containing aspirin)	Stop 7 days prior to procedure	Unless prescribing physician instructs <b>NOT</b> to stop
NSAIDS (prescribed or over the counter)	Stop 7 days prior to procedure	Including ibuprofen, Advil, Aleve, Celebrex, Naprosyn
Aspirin taken <b>with</b> Plavix (clopidogrel)	Must stop <b>ONE</b> 7 days prior	
Coumadin (warfarin)	Stop 5 days prior to procedure	

Other medications to be stopped include: persantine, dipyridamole, fish oil, multi-vitamins, vitamin E, heparin, Ticlid and iron.

**This is not an all-inclusive list. Please consult your prescribing physician.**

If your PCP or cardiologist does not approve of discontinuing your **Coumadin** or **one** of the **Plavix/Aspirin** combination medications for 7 days, we can perform the procedure but we **CANNOT TAKE ANY BIOPSIES, REMOVE POLYPS, OR UNDERTAKE ANY OTHER THERAPEUTIC INTERVENTIONS DURING YOUR PROCEDURE.**

**The timing for resuming your anticoagulation therapy after your procedure may be altered due to findings related to your procedure. The physician will give you specific medication instructions at discharge.**

Avoid endoscopic procedures in the first 30 days following placement of a cardiac stent, except for a declared emergency!

**The morning of your procedure, from midnight until your arrival time:**

**Do not smoke or dip.**

**No electronic cigarettes or vaporizer inhalation.**

**Do not chew gum, have mints or cough drops, eat or drink.**

## **FOLLOW INSTRUCTIONS CAREFULLY.**

*If you do not, the procedure may need to be re-scheduled or cancelled.*

You must arrange for a relative or friend to accompany you and drive you home or your appointment will be rescheduled. This person must be at least 18 yrs old and must remain in the waiting area during your procedure. You can expect to be here for approximately 2 hours. Even though you may not feel that you are affected by the sedation, your judgment and reflexes may not be normal. We recommend that you do not work or drive until the day following your procedure. You are considered legally intoxicated until the morning following your procedure.

### **PROCEDURE**

Your physician will give you an intravenous medication which will help you to relax for the procedure. While lying on your left side in a comfortable position, the endoscope is inserted through the mouth and each part of the esophagus, stomach and duodenum is examined. The procedure usually lasts 15-20 minutes.

The procedure is well tolerated with little or no discomfort. The endoscope does not interfere with breathing.

**CANCELLATION POLICY:** *Please give a 24-hour notice in the event you need to cancel your scheduled procedure by calling (615) 250-4108. A broken appointment is a loss to everyone. This allows us to offer this time to someone else. If you do not cancel your appointment within this time frame, you may be assessed an administrative fee of \$200.00.*

### **RESULTS**

Your doctor will discuss the endoscopy results with you after your procedure. If a biopsy or polypectomy was performed, allow at least 10-14 days for your results.

As you may or may not be aware, the HIPAA (Health Insurance Portability and Accountability Act) precludes us from disclosing any information regarding your personal health information to any person other than yourself or your court appointed guardian. If there is someone else with whom you would like us to share the results of your test, you will need to make that known to us in writing. This includes your spouse and children.

### **QUESTIONS?**

**PLEASE CALL (615) 250-4108**

**If directions to St. Thomas Medical Group  
Endoscopy Center are needed please  
call us at (615) 250- 4108  
or visit our website at [www.stmgendo.com](http://www.stmgendo.com).**