

# ESOPHAGOGASTRODUODENOSCOPY (EGD)/ UPPER ENDOSCOPY INSTRUCTIONS

## Patient Responsibility

**Please check with your insurance company to fulfill any precertification requirements that you may have.** Also, please be aware that there are some circumstances that may change the type of EGD that is billed to your insurance. This could result in higher out-of-pocket expenses. Please contact your insurance company for additional information.

**Procedure Date:** \_\_\_\_\_

This procedure is used to evaluate certain conditions involving the esophagus, stomach and duodenum. Please follow these instructions to prepare yourself for the examination.

## MEDICATIONS:

**If you are taking prescription medications (including anticoagulant/antiplatelet), please discuss with your primary care physician which medications, if any, need to be held prior and/or taken the morning of the procedure.**

### Medication Name - NSAID Medication

#### HOLD

#### RESTART

Advil/Motrin (Ibuprofen)	Hold 5-7 days if able	Day after procedure
Aleve (Naproxen)	Hold 5-7 days if able	Day after procedure
Celebrex (Celecoxib)	Hold 5-7 days if able	Day after procedure
Diclofenac (Voltaren)	Hold 5-7 days if able	Day after procedure
Excedrin	Hold 5-7 days if able	Day after procedure
Meloxicam (Mobic)	Hold 5-7 days if able	Day after procedure
Toradol (Ketoralac)	Hold 5-7 days if able	Day after procedure
Aspirin (325 mg or higher)	Hold day of procedure	Day after procedure
Aspirin (baby aspirin) - 81 mg	Hold day of procedure	Day after procedure

### Medication Name - Anticoagulants

#### Recommendations ONLY - patient needs to confirm hold with Prescribing MD

Eliquis (Apixaban)	Hold 48 hours	48-72 hours
Lovenox (Enoxaparin)	Hold 48 hours	48-72 hours
Pradaxa (Dabigatran)	Hold 48 hours	48-72 hours
Warfarin (Coumadin)	Hold 5 days (confirm INR $\leq$ 1.5 days prior)	Restart evening of procedure
Xarelto (Rivaroxaban)	Confirm with Prescribing MD	Confirm with Prescribing MD

### Medication Name - Antiplatelets

#### Recommendations ONLY - patient needs to confirm hold with Prescribing MD

Brilinta (Ticagrelor)	Hold 3-5 days	2-3 days
Plavix (Clopidogrel)	Hold 5 days	1 day

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# ESOPHAGOGASTRODUODENOSCOPY (EGD)/UPPER ENDOSCOPY (continued)

## **MEDICATIONS continued...**

### **Diabetic Patients:**

Please **do not take your morning dose of oral diabetic medication** the day of the procedure. If you are on insulin, please **take only one-half (1/2) of your usual morning insulin dose** on the day of the procedure.

### **SGLT-2 Medications for Diabetic Patients:**

It is very important that you adhere to the medication hold for SGLT-2 medications, due to euglycemic diabetic ketoacidosis.

**For patients taking any of the following SGLT-2 medications** - Empagliflozin (Jardiance), Canagliflozin (Invokana), Dapagliflozin (Farxiga), Bexagliflozin (Brenzavvy), Sotagliflozin (Inpefa)

- Hold medication for 3 days prior to surgery.

Ertugliflozin (Steglatro)

- Hold medication for 4 days prior to surgery.

### **GLP1 Medications for Diabetic/Weight Loss Patients:**

It is very important that you adhere to the medication holds for GLP1 medications. Due to the delay in gastric emptying, these medications can increase the risk of regurgitation and pulmonary aspiration during anesthesia and moderate sedation.

**For patients taking any of the following GLP1 medications** - Dulaglutide (Trulicity- Weekly), Exenatide extended release (Bydureon bcise- Weekly), Exenatide (Byetta- Twice Daily), Liraglutide (Victoza and Saxenda- daily), Lixisenatide (Adlyzin- Daily), Semaglutide (Ozempic and Wegovy- Weekly), Tirzepatide (Mounjaro- Weekly), Semaglutide (Rybelsus- Taken by mouth once daily)

- If you are taking a daily dosing of a GLP1 (usually orals), hold the medication the morning of the procedure and resume your regular schedule following the procedure.
- If you are taking a weekly dosing of a GLP1 (usually injectables), hold the medication for one week prior to the procedure and resume the regular schedule following the procedure.

**GLP1 Medication Dietary Instructions** - All patients who are receiving anesthesia and are on a GLP1 should be on a clear liquid diet for 24 hours prior to surgery. You may continue drinking clear liquids up until 4 hours before your procedure. Clear liquids include black coffee or tea, clear fruit juices (apple or white grape), broth or bouillon, non-red Jell-O, or essentially any fluid you can see through

## **FOOD AND DRINK PRIOR TO SURGERY:**

For your safety, there are specific instructions for when to stop eating and drinking before your surgery/procedure. It is important to follow your instructions so your surgery is not delayed or canceled (unless your surgeon tells you otherwise).

- **After midnight:** Do not eat fried foods, fatty foods, or meat.
- **Beginning 6 hours prior to arrival:** Do not eat or drink anything except 14 oz. or less of clear liquids, such as: water, apple juice, clear soda, black coffee, tea, Gatorade, or Jell-O. Do not use any cream or lemon in your coffee or tea.
- **2 hours prior to arrival:** Stop drinking clear liquids and do not eat or drink anything until your procedure.

## **DAY OF PROCEDURE:**

1. **Driver Information:** If you require anesthesia or sedation for your procedure, you must have a family member or friend bring you home from the surgery center. Public transportation, including Uber or Lyft type service, is not acceptable unless you are accompanied by a responsible adult who will be caring for you.
2. You will be given medication at the time of your procedure that will make you sleepy.
3. The procedure will take 15 to 30 minutes, but you will remain at the facility for approximately one hour following the procedure to recover from the intravenous sedation.
4. You may not drive, operate heavy machinery, or return to work per anesthesia instructions.
5. The most common risks of the procedure are bleeding and perforation of the intestine. These are rare, but can be serious, possibly even requiring surgery for correction.
6. Please bring a Photo ID.

**If you have any questions or concerns, please do not hesitate to call our office at (920) 731-8131 or 1-800-574-3872.**

## **RESULTS:**

All finalized results are released to MyChart instantly. You may have access to your results before the provider is able to review them. Your provider will review the results and provide commentary within 1 week of the results finalizing. Our office will contact you via MyChart message, phone call, or letter regarding the results and next steps.

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# ESOPHAGOGASTRODUODENOSCOPY (EGD)/UPPER ENDOSCOPY (continued)

## FOX VALLEY SURGICAL SPECIALISTS EGD INFORMATION

Fox Valley Surgical Specialists has created this information to help you sort through some of the confusion that can be associated with billing your insurance for EGD procedures.

### Here are some helpful things to remember:

1. There are some circumstances that may change the type of EGD that is billed to your insurance company. **If a biopsy is done or a polyp removed, this may change the type of procedure. This could result in higher out-of-pocket expenses. Please contact your insurance company for additional information about your individual policy and how it will process each type of EGD.**
2. **Fox Valley Surgical Specialists does not contact your insurance company prior to your procedure.** We ask each patient to be responsible for knowing his/her insurance company's guidelines and **following through with any precertification requirements.**
3. You will receive separate bills from your doctor's office and the facility where you had your procedure done. You may also receive a bill from the laboratory, pathology and/or anesthesiology. **Fox Valley Surgical Specialists can only provide you with information associated with our fees.**
4. **Your doctor cannot add, delete or change** a diagnosis (billing code) to facilitate better insurance coverage.
5. We are contractually and legally required to report **any and all** of our findings.
6. When your doctor dictates his operative note, **it is a binding, legal document** that **cannot be altered** for the sole purpose of coverage determination. **We ask each patient to understand and respect our responsibility to report his/her procedure completely and honestly to the insurance company.**

**If you do not have insurance coverage for your procedure,** please call to discuss our **fees and payment arrangements.** This is important to do **prior to your EGD** to avoid any unexpected financial issues. If you have any additional questions regarding this information, **please contact The Fox Valley Surgical Specialists Business Office at: 920-731-8289, Monday-Thursday, from 7:00 am to 5:00 pm and Friday, from 7:00 am to 4:00 pm.**

*Thank you for choosing Fox Valley Surgical Specialists for your healthcare needs.*