

## Overlake Internal Medicine Associates - Gastroenterology



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**You have been referred to one of the gastroenterologists at Overlake Internal Medicine Associates for an EGD. This guide answers some of the most commonly asked questions. Please don't hesitate to contact us if you need more information or clarification.**

### What is an EGD?

The term EGD is short for esophagogastroduodenoscopy, an examination of the upper intestinal tract with a lighted fiberoptic camera, or scope. The scope is a flexible tube about the thickness of your finger. The doctor will gently insert the scope through your mouth to examine the esophagus and all the way down to the duodenum or small bowel. If necessary, an instrument can be passed through the scope to take a small piece of tissue (biopsy) for examination in the lab. Biopsies are done for many reasons and do not necessarily imply cancer. During this process of diagnosis, your doctor may also perform other minor procedures, such as polyp removal.

The procedure will take about 20 minutes, but expect your visit with us to last about two (2) hours if your procedure has been scheduled at Eastside Endoscopy Center and approximately three (3) hours if your procedure is scheduled at another facility such as a hospital. This time not only allows for the procedure but also for check-in, preparation and recovery.

### Verifying Insurance Coverage

Please contact your primary care physician or your insurance company to determine if a prior referral is needed.

For people covered by **private insurance plans**, we highly recommend you check with your insurance company prior to the procedure. We encourage you to verify that the EGD is covered under your policy and to determine what the out of pocket responsibility may be, such as what your level of coverage is, if you have a deductible and/or a co-pay and if so, how much it is for this procedure. When you contact the insurance company, you will need to give them some information. You will need to know the name of the facility that the procedure will take place and the procedure codes. The procedure code for an EGD is 43235.

After the procedure, **you may receive up to four separate invoices from separate companies**. You will receive a bill from the physician who performed the procedure, one from the facility where the procedure was performed, one for anesthesia, and if you had tissue biopsied or removed, a bill from the pathology lab.

### One week before the Procedure

- 1. Be sure to review the EGD preparation instructions!**
2. If you are unable to keep your appointment, we require a 48 hour notice so that we may offer the time slot to someone else.
3. If you are a diabetic, be sure you have received instructions on how to manage your diabetic medications.

### The day of the test – Important Information

1. Please bring the following when you come for your colonoscopy:
  - A list of all medications you are taking
  - A list of any allergies you have
  - Your health insurance cards
  - A responsible adult to drive you home after your procedure. You will not be discharged until that person is here to take you.
  - Photo identification with current address such as a driver's license.
2. Please leave jewelry at home.
3. Small children will be more comfortable at home.

## **The Procedure**

In the preparation/reception area you will need to answer questions about your health history, current medicines and allergies. You will sign consent forms.

The procedure centers, Eastside Endoscopy Center or Overlake Hospital Medical Center are separate entities and do not have copies of all your records.

After you change into a hospital gown, a nurse will start an intravenous line (IV). The IV will be used to give you medication to make you more comfortable during the procedure. This medication may affect your memory of the procedure.

The procedure will be performed in a room specially designed for endoscopic procedures. Equipment that will help the nurse and doctor monitor your heartbeat, blood pressure and breathing will be connected to you.

Your throat will most likely be anesthetized by a spray or liquid. IV sedation is usually given to relax you and to deaden the gag reflex. The sedation often causes a short-term amnesia effect. After the sedation is delivered, the doctor will gently insert the tube into your mouth. You can breathe easily throughout the exam. Other instruments can be passed through the endoscope to perform additional procedures if necessary. If a biopsy and/or polyp removal is necessary, you should experience no pain. After a thorough examination the endoscope will be withdrawn.

There is no pain with the procedure and patients seldom remember much about it.

## **Potential Complications**

A temporary, mild throat irritation sometimes occurs after the exam. Serious complications are very uncommon. However, there are potential complications associated with all medical procedures. The following complications are possible: perforation, bleeding, medication Phlebitis, drug reactions and complications from other diseases you may already have. Instrument failure and death are extremely rare but remain remote possibilities.

Your physician will discuss their frequency with you, if you desire, with particular reference to your own indications for gastrointestinal Endoscopy.

## **Recovery**

After your procedure, you will be taken to the recovery area. When you are ready to go home, the physician will talk to you, along with your family member or friend if you wish. The nurse will discuss instructions and answer your questions. You will be given a copy of the discharge summary.

**You may not drive yourself home.** Be sure to bring a responsible, licensed adult driver with you. A responsible adult will need to be with you when you are discharged from the recovery area.

## **At-home Instructions**

You will be given specific written instructions about resuming your medications and diet.

- You may return to work or school the day after your procedure.
- Do not drive a vehicle or operate machinery for at least 12 hours after your procedure.
- Do not make any major legal or financial decisions for at least 12 hours after the procedure.
- Do not drink alcoholic beverages for at least 12 hours following your procedure.

## **Test results**

If you had a biopsy or other type of testing, the results will be available to you in about 10 business days. You will either receive a phone call or you will receive the results in the mail.