

## EGD- Upper Endoscopy

## North Jersey Gastroenterology and Endoscopy

Patient: \_\_\_\_\_

Doctor: \_\_\_\_\_

Date of procedure: \_\_\_\_\_ Time to report: \_\_\_\_\_ Time of procedure: \_\_\_\_\_

**Endoscopy Center, 1st Floor**  
**1825 Rt 23 S Wayne, NJ**  
**973-996-4009**

**Chilton Hospital Access Center**  
**97 W Parkway Pompton Plains, NJ**  
**973-831-5115**

**Wayne Surgical Center**  
**1176 Hamburg Tpke Wayne, NJ**  
**973-709-1900**

Diabetes: ☐ Blood Thinner:(see below\*): ☐ Pacemaker: ☐ Defibrillator: ☐ Latex allergy: ☐

### PREPARATION:

#### Evening Prior to the Procedure:

1. On the night before your procedure, please be sure to have your last large meal (dinner) eaten before 7p.m.
2. Please do not drink alcohol with dinner as this can cause your stomach not to empty.
3. Wear loose, comfortable clothing. Bring your glasses (if necessary). Do not bring valuables such as jewelry with you. The endoscopy facility cannot be responsible for your belongings.
4. Do not eat or drink after midnight

#### Morning of the procedure:

1. If you take **blood pressure pills, pills for your heart, seizure medications or Parkinson's medications**, take them as usual with a small sip of water.
2. You must have nothing to eat or drink on the day of the procedure. If your procedure is scheduled in the afternoon you may have small sips of water or clear liquid 4 hours or more before the scheduled procedure. You can have black coffee but **cannot** have any milk, cream or milk products.
3. Do not smoke marijuana or vape for 24 hours before your scheduled procedure.

After the procedure, you must not drive, work or do anything that could result in injury. You must have a friend or family member drive you home. No ride share services such as Uber/ Lyft allowed.

Pick up will be approximately 1 ½ hours after you are dropped off.

#### \* SPECIFIC MEDICATIONS:

**Blood thinners:** If you take **Coumadin, Pradaxa, Eliquis, Xarelto, Effient, Plavix, Ticlid or other blood thinners/ anticoagulants** make sure you have discussed this with your physician.

**GLP-1 agonists** such as **Ozempic, Wegovy, Trulicity and Mounjaro**. Make sure you have specifically discussed these medications with your physician or your procedure may be cancelled.

## **Upper GI endoscopy (EGD)**

Your doctor has recommended that you have an upper endoscopy. During this procedure a flexible tube (endoscope) is passed through the mouth and throat into the upper digestive tract. This procedure allows the doctor to examine the lining of the esophagus (food tube), stomach and duodenum (first portion of the small intestine) to identify any abnormality.

All dentures and eyeglasses must be removed prior to the start of the procedure. You may prefer to remove contact lenses at this time.

You will be asked to sign a consent form authorizing the doctor to perform the procedure. Please let the doctor or nurse know if you are allergic to any medications.

Sedation is generally given during this procedure. A needle to administer intravenous medication will be placed in your arm vein prior to the procedure. Medicine will be injected through this needle that will make you sleepy and relaxed. Most people have little or no discomfort. Your doctor may also spray your throat or ask you to gargle with a numbing medicine. As you lie on your left side, the doctor will place a small mouthpiece between your teeth. You will be able to breathe normally.

The doctor will place the flexible endoscope tube and he will examine the lining of the esophagus, stomach and duodenum. Biopsy specimen (tiny bit of tissue) may be taken for microscopic examination. You will not feel any sensation or discomfort when the biopsy is performed.

Many people do not recall any of the procedure because of the effect of the medication. After the procedure you will probably feel drowsy and may sleep for short while.

The doctor will then discuss the findings with you and the nurse or technician will give you written instructions to follow when you go home.

In general the procedure takes 1/2-hour and you should expect to be in the facility for about 1-1/2 hours. Someone will have to drive you home. You cannot work or drive until the next day.

Please feel free to ask the doctor or nurse any questions you may have.

**Upper Endoscopy, Colonoscopy and Anesthesia**  
**The Consent process**

Endoscopic procedures such as upper endoscopy and colonoscopy are extremely safe medical procedures. However, as with any invasive procedure, there are certain risks. We are fully equipped to deal with any complications that might occur. These risks fall into 4 broad categories:

1. They can be bleeding during or following the procedure.
2. A hole (perforation) can be made in the intestinal wall. In the worsen case scenario, this would require an operation to repair.
3. Certain abnormalities could be missed. No test is perfect. A normal endoscopy does not guarantee that there is no problem.
4. There could be reactions to or problems from the medications you are given for sedation. Allergic reactions may occur during the procedure. Sedatives can also be associated with problems of breathing, heart rate or blood pressure.

Please understand that the above situations are very unusual. Our physicians have each performed thousands of these procedures and our rate of complications is extremely low. Generally, experts believe that often the risk of not performing an indicated endoscopic procedure is greater than the risks of the procedure itself.

If you have any questions or concerns please reach out to your doctor who will be happy to explain any of the above in more detail.

## **Billing Policy and Financial Disclosure**

We have written this disclosure in an effort to clarify your financial responsibility. Please read it thoroughly. If you have any questions regarding this policy please call and we will clarify it for you.

When a procedure is performed at an Ambulatory Surgery Center such as North Jersey Gastroenterology, Wayne Surgical Center or at a Hospital, several services are provided. Each of these services is billed separately as required by insurance law. ***You will be informed by the facility providing services if any of the physicians caring for you are out-of-network.***

The services are broken down as follows:

- **Physician-** The physician that performs your procedure will bill for his or her professional services i.e. the ***professional fee***. *The gastroenterologist may not participate in your insurance plan.*
- **Facility-** If your procedure is performed at the North Jersey Endoscopy Center or the Wayne Surgical Center, the Facility will generate a ***facility fee***, as would a hospital based procedure. The facility may not participate in your insurance plan. Procedures performed in the facility are ***not*** office-based procedures. The Facilities are physician owned entities.
- **Pathology-** Sometimes it is necessary for biopsies to be taken during the course of a procedure. These biopsies are first processed in a pathology laboratory and then analyzed by a pathologist who is a physician. Both the ***laboratory*** and the ***pathologist*** will bill your insurance for these services. *The pathologist or laboratory may not participate in your insurance plan.*
- **Anesthesia-** If anesthesia is administered by a physician ***anesthesiologist*** during the procedure this service will also generate a bill. This bill will be submitted to your insurance. *The anesthesiologist may not participate in your insurance.*

**If your procedure is performed at North Jersey Gastroenterology and Endoscopy Center, we will inform you if any of the doctors are out-of-network.**

- Our front office staff will verify that your insurance plan is active but *will not* verify what your responsibility will be after insurance pays its portion; *this is your responsibility.*
- Our Billing Department will submit the above services to your insurance company.
- If you would like to know what your responsibility will be, please contact your insurance company by calling the Member Services number on your card. Please be aware that your insurance may apply a deductible and a co-insurance to their payment resulting in an out-of-pocket responsibility for you. If, after calling your insurance company, you still have questions- please contact our office and we will make every effort to assist you.