

UPPER ENDOSCOPY (EGD) REMINDER

Your Upper Endoscopy (EGD)
has been scheduled at: (✓ one)

- Chevy Chase Endoscopy Center**
5530 Wisconsin Ave., Ste 500, Chevy Chase, MD 20815
301-654-8020
- Endoscopy Center of Washington DC**
2021 K St NW., Ste T-115, Washington, DC 20006
202-775-8692
- Suburban Endoscopy Center LLC**
10215 Fernwood Rd., Ste 260, Bethesda, MD 20817
301-530-2800
- Sibley Memorial Hospital Endo-Unit**
5255 Loughboro Rd., NW, Washington, DC 20016
202-537-4025
- George Washington Hospital**
900 23rd Street NW, Washington, DC 20037
800-370-8644
- Suburban Hospital – Outpatient**
8600 Old Georgetown Rd., Bethesda, MD 20814
301-896-2044

Physician _____

Upper Endoscopy (EGD)

Date Scheduled _____

Arrival Time _____ AM
 PM

IMPORTANT REMINDER: You will be receiving sedation for your Upper Endoscopy (EGD). Regulatory policy requires that you **MUST** arrange transportation home with an adult. We cannot allow you to leave unattended, even in a taxi. Failure to adhere to this policy might require that your Upper Endoscopy (EGD) be cancelled or require withholding of the sedation during your exam. If you cannot arrange transportation, your scheduler can give you a list of licensed transportation services.

**Questions or
rescheduling, call:
M–F 8:30 A.M.–4:30 P.M.**

240-737-0085

**For urgent after-hours
questions or to reach
the on-call doctor:**

1-877-722-7098

REGARDING MEDICATIONS

If you take prescription medications on a routine basis, especially diabetes medications or anticoagulants such as Coumadin, aspirin or Plavix, **you should check with your Primary Care Physician prior to your Upper Endoscopy (EGD) as to how they should be adjusted.** Blood pressure and cholesterol medicines may be taken normally.

Antibiotics: If you have had a previous heart valve infection, currently have a prosthetic heart valve or had recent joint replacement (within 6 months), you **MUST** have an office visit prior to your Upper Endoscopy (EGD)



METROPOLITAN
GASTROENTEROLOGY
GROUP
A Division of Capital Digestive Care, LLC

**Review your instructions one
week in advance of your
Upper Endoscopy (EGD).**

**INFORMATION
YOU NEED TO
KNOW FOR YOUR
UPPER ENDOSCOPY
(EGD)**

BILLING INFORMATION FOR YOUR UPPER ENDOSCOPY (EGD)

You will receive at least two (2) billing statements for your upper endoscopy (egd); one from your doctor and one from the endoscopy center or hospital where the upper endoscopy (EGD) was performed.

If the upper endoscopy (EGD) included a biopsy or lab work, you will receive a third bill, and if an anesthesiologist was required for your upper endoscopy (EGD), a fourth bill.

Your insurance company will be billed separately for all such charges. You will continue to receive monthly statements while your insurance company processes your claim(s).

Please make arrangements with us to pay the portion of your bill that is NOT covered by your insurance.

For billing questions, please call **240-485-5200 and press option 2**

For questions about the anesthesia bill, contact the number listed on that statement.

Additional numbers for questions...

Suburban Endoscopy	301-530-2800
Suburban Hospital	301-896-3939
Sibley Hospital	202-537-4180
George Washington Hospital	202-444-1400
Capital Digestive Care Laboratory Services	240-485-5200

Cancellation Policy

Cancellations for non-medical reasons MUST be made 1 week in advance of the scheduled upper endoscopy (EGD) date. If you cancel within one (1) week of the upper endoscopy (EGD), you will be charged \$150. This cancellation fee will not be covered by your insurance and will be your responsibility. You will need to pay this charge prior to rescheduling your upper endoscopy (EGD).

Last minute cancellations for medical and personal emergencies (death or illness within your family) will not incur a penalty fee, but must be discussed with your doctor who is scheduled to perform your upper endoscopy (EGD). We will work with you to help get the upper endoscopy (EGD) accomplished when possible. Please let us know if you have any questions.

YOUR UPPER ENDOSCOPY (EGD)

Upper Endoscopy, or EGD, enables the physician to look inside the esophagus, stomach, and the first part of the small intestine.

For the Upper Endoscopy (EGD) you will swallow a thin, flexible, lighted tube called an endoscope. Before the procedure, the physician may spray your throat with a numbing agent to help prevent gagging. You will also receive pain medicine and a sedative to help you relax during the exam.

Is an Upper Endoscopy (EGD) safe?

While complications resulting from this procedure are rare, they may occur. Possible complications of an EGD include bleeding and puncture of the stomach lining. Your throat may be a bit sore from the procedure, which is normal. The soreness will go away in a day or two. All of these complications can be effectively treated.

Do I have to be seen in the office before having my Upper Endoscopy (EGD)?

If you are a new patient, if you are over 65, or have complicated medical problems, the answer is YES. Contact us at 202-478-4545 immediately to arrange your appointment. (You may have already had your visit before receiving this information)

How long is my Upper Endoscopy (EGD) going to take?

From admission to discharge takes approximately 2 ½ hours. **Please arrange to have someone transport you home as you will still be sleepy and will not be allowed to drive.**

Does my ride need to come into the Endoscopy Center or hospital to pick me up?

Yes, you MUST have someone with you to check you out when you are released from the recovery area.

What do I do after the Upper Endoscopy (EGD)

Your doctor will instruct you on any follow up that is needed before you are discharged from the Endoscopy center. After you return home, you may resume your normal diet. You may be tired from the medication, so take it easy that day.

PREPARATION FOR YOUR UPPER ENDOSCOPY (EGD)

There are no restrictions on food, drink, or activity the day before your upper endoscopy procedure (EGD).

The day of your Upper Endoscopy (EGD)

- **Six (6) hours before the Upper Endoscopy (EGD), no solid foods**
- **You may drink clear liquids only**
- You may brush your teeth and gargle in the morning as well as take medications with little sips of water.

Clear liquids.....

- Water
 - Tea
 - Apple juice
 - Lemonade or limeade
 - Regular or Diet Ginger Ale, Sprite or 7-Up
 - Gatorade
 - Popsicles or Jell-o
 - Chicken or vegetable consommé
- **Three (3) hours before Upper Endoscopy (EGD)**
 - **Do not eat or drink anything until after the Upper Endoscopy (EGD)**



Instructions for your Flexible-Sigmoidoscopy

3 Days before your procedure.....

- Purchase two (2) 4.5 oz Fleet (brand) enemas. They come in a green and white box and can be purchased over-the-counter from your pharmacy.
- **Do not use mineral oil or other oil retention enemas**
- Read your instructions below.

The day of your Flexible Sigmoidoscopy.....

- **90 minutes before your arrival time**, you will need to administer the 2 Fleet enemas at home.
- Lying on your left side with your knees drawn up towards your chest, **take the first enema and retain for approximately 5 minutes** before releasing it into the toilet.
- **10 minutes after you have released the first enema, take the second enema and retain for 5-7 minutes.**
- You may eat light meals or snacks prior to the enemas, but once you have administered them, do not eat until after the procedure.

Appt Date:

Time:

Location:
