

# Hilton Head Gastroenterology

## Preparing for your Upper Endoscopy (EGD) - 2021

We want to make sure your procedure goes as smoothly as possible. Please read all these instructions at least 1 day before your upper endoscopy. This is easy, but remember these instructions need to be followed or your procedure may need to be rescheduled. If you have any questions about your medicines, ask your doctor. If you have any other questions, call the facility where your procedure is scheduled.

**Hilton Head Hospital:** 843-689-8293;

**Outpatient Surgery Center of Hilton Head:** 843-682-5050

**Coastal Carolina Hospital:** 843-784-8026 or 843-784-8031

**Patient name:**

**Scheduled procedure:** Upper Endoscopy (EGD)

**Location:** Hilton Head Hospital; Outpatient Surgery Center of Hilton Head  
Coastal Carolina Hospital

**Date of your procedure:**

**The facility that your procedure is scheduled at will call with your arrival time. If you need to contact your facility the phone numbers are above.**

So that you have time to get ready, your arrival time is generally 1 hour before the start time for your procedure.

The approximate discharge time is 3 hours after your arrival time.

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## Upper Endoscopy (EGD) Preparation Instructions

**You cannot drive after you have had sedation, so you will need an escort home.** It is expected that your escort wait for you at the facility; if this presents a hardship please discuss this with your nurse during your preop call. If you have no immediate family or friends available, you can consider hiring a home health agency to serve as your escort. Cabs and uber are not an option as you may need help at home for a short while. Local agencies to consider are:

**Comfort Keepers:** 843-757-7731    **Right at Home:** 843-815-7890

**Home Helpers:** 843-837-3041    **Patient Care Advocates:** 843-298-7228

### **Day of Your Upper Endoscopy (EGD)**

You may not eat any food on the day of your procedure. You may drink clear liquids. Clear liquids include water, tea, black coffee, clear broth, apple juice, Gatorade, soda, or Jell-O.

### **STOP CLEAR LIQUIDS 3 HOURS BEFORE YOUR PROCEDURE**

Take all your usual medicines on the day of the exam with a few sips of water.

**If you take a blood thinner or antiplatelet medication you do not need to stop it for a routine upper endoscopy.**

If you need to have your esophagus dilated (stretched), have esophageal varicose veins, or need to have a feeding tube inserted, blood thinners and antiplatelet medications may need to be held. Check with your doctor.

Blood thinners include: warfarin (**Coumadin** or **Jantoven**), dabigatran (**Pradaxa**), rivaroxaban (**Xarelto**), apixaban (**Eliquis**), or edoxaban (**Savaysa** or **Lixiana**).

Antiplatelet medications include: clopidogrel (**Plavix**), ticagrelor (**Brilinta**), prasugrel (**Effient**) and ticlopidine (**Ticlid**).

**Diabetics:** Most patients with diabetes can hold their medication on the morning of the procedure. Check with the person who prescribed the medication as they know your situation best.

**Antibiotics:** Most patients undergoing endoscopy do **not** require antibiotics including patients with valvular heart disease or prosthetic joints. If your cardiologist or surgeon wants you to take antibiotics, ask them for a prescription for the antibiotic and directions on when to take it.

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## **Bring these things with you to your procedure:**

- Your photo identification and any insurance forms or papers.

## **After the procedure:**

Most people need to rest at home for the remainder of the day. Don't drive or operate any machines on the day of your procedure. Avoid making any important decisions. Avoid drinking alcohol. You can go back to eating as you normally do right away.

**If you had blood thinners or antiplatelet medications held your doctor will tell you when to resume it after the procedure.**

## **Charges involved with your procedure:**

If you are having an outpatient examination performed by our practice you should be aware that there are four charges that you may receive:

- 1) You will receive a facility charge from whichever hospital or surgery center that you choose to go to for your procedure. Hilton Head Hospital's number is 843-681-6122; Coastal Carolina Medical Center can be reached at 843-784-8000; the Outpatient Surgery Center of Hilton Head can be reached at 843-682-5050. On the day of your procedure the facility may collect any deductible or coinsurance that is required.
- 2) You may, if a biopsy is required, receive a pathology charge from pathology department at the facility you select.
- 3) Anesthesia charges may be incurred from Palmetto Anesthesia if you elect to go to the Outpatient Surgery Center of Hilton Head; or a Hospital contracted anesthesia group if you elect to go to a hospital. Palmetto Anesthesia's billing office can be reached at 843-682-2345.4
- 4) You will receive a physician's charge for the endoscopic procedure. Hilton Head Gastroenterology's billing office can be reached at 843-681-6630.