A gastroscopy (also known as an EGD, upper GI, upper Endoscopy or Esophagogastroduodenoscopy) is a visual examination of your esophagus, stomach, and the first part of your small intestine. A flexible fiberscope is used. By using special instruments, your physician can take biopsy specimens, remove foreign bodies or polyps, stop bleeding, and open strictures or narrow areas. This is a very safe exam, and complications are uncommon, but can occur. The complications include damage to the esophagus (swallowing tube), infection and bleeding. This could require surgery, anti-biotics or transfusions. It is also possible, but uncommon, that an error in diagnosis be made.

Preparing for the Exam:
You will receive an email or phone call instructing you how to view an online Emmi program. This is a web-based video presentation about your procedure to make it easy for you and your family to understand. If you have trouble accessing your program, contact the Emmi support line at 1-866-294-3664 or email at support@emmisolutions.com

You will also receive, by mail or MyChart, a letter from the SSM Health Digestive Health Center. Please arrive at the time indicated on your letter and plan for your procedure to begin 30 to 60 minutes after your arrival. Most procedures take 30 minutes to complete and recovery is usually within one hour after the procedure. Be aware that you will be given medicine that will make you drowsy. Therefore, you will not be allowed to drive yourself home. AND you must have a responsible adult.
Special Instructions to Follow BEFORE Your Exam:

1. A Digestive Health Center pre-admission nurse will call you a few days prior to your procedure, between 8 am to 5 pm (M-F) to obtain a health assessment. You may contact him/her, if you wish, toll free at 1-877-229-7575 or locally at 608-229-7582. Please let the pre-admission nurse know if you have any implanted electronic devices (i.e. pacemaker, defibrillator, medication pump, or nerve stimulator).

2. Blood-thinning medications MUST be stopped from 3 to 5 days prior to the procedure. This is to lessen the risk of bleeding. The procedure may be canceled if your blood is too thin. Please check with the physician who ordered your blood-thinning medication to be sure it is safe for you to discontinue this medication. Some examples of blood-thinning medications include: Coumadin, Warfarin, Xarelto, Eliquis, Pradaxa, Plavix, Effient, Brilinta (Aspirin does NOT need to be stopped).

3. Stop all iron, fish oil, and other seed oil supplements 3 days prior to exam.

4. Diabetic on INSULIN – Please contact your primary doctor for instructions. Diabetic on ORAL AGENTS – HOLD evening and morning doses unless otherwise instructed by your primary doctor.

5. You should take your regular morning medicines (EXCEPT blood thinning medications and Insulin) with a small sip of water before 7 am. If you have an inhaler(s), nitroglycerin tablets, or medicine you need to take shortly after waking, please bring these in with you. Avoid taking fish oil products and medicine containing iron for three days prior to the exam, although this is not critical.

6. Insurance Instructions

Please contact your insurance company prior to receiving services to guarantee that prior authorization and insurance coverage requirements are met. Look on your insurance ID card for a phone number to call regarding these questions. Ask your insurance company if prior authorization is required for your scheduled procedure/service and to verify your benefits. Not obtaining prior authorization could reduce your benefits and leave you financially responsible. Note: final diagnosis will not be available until your procedure has been completed.

7. Billing Information

You/your insurance company should expect bills for the following services:

- Facility fee – billed through SSM Health Digestive Health Center
- Questions call 1-800-222-5962 or 1-608-250-1136
- SSM Health Dean Medical Group Physician fee – billed through Dean Health Plan
- Questions call 1-877-434-3326 or 1-608-250-1270
- Pathologist fee – if biopsy is taken
- Questions call 1-888-881-6248

*Facility charges include all medications, supplies and nursing services provided by SSM Health Digestive Health Center while in our facility.

Important Instructions to Follow

- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT IF YOUR EXAM IS
- IN THE MORNING (Except for your morning medications with a small sip of water).

Afternoon Procedures:

FOR AFTERNOON PROCEDURES, YOU MAY HAVE A CLEAR LIQUID BREAKFAST BEFORE 8 am.

Clear liquids include: Water, Fruit juice without pulp (apple, white grape), Lemonade, Clear broth, Coffee or Tea (without milk or creamer), 7-UP, Sprite, Gatorade, and Popsicles; AVOID any clear liquids that are RED, PURPLE or BLUE in color.

You/your insurance company should expect bills for the following services:

- Facility fee – billed through SSM Health Digestive Health Center
- Questions call 1-800-222-5962 or 1-608-250-1136
- SSM Health Dean Medical Group Physician fee – billed through Dean Health Plan
- Questions call 1-877-434-3326 or 1-608-250-1270
- Pathologist fee – if biopsy is taken
- Questions call 1-888-881-6248

*Facility charges include all medications, supplies and nursing services provided by SSM Health Digestive Health Center while in our facility.

Special Instructions to Follow BEFORE Your Exam:

1. A Digestive Health Center pre-admission nurse will call you a few days prior to your procedure, between 8 am to 5 pm (M-F) to obtain a health assessment. You may contact him/her, if you wish, toll free at 1-877-229-7575 or locally at 608-229-7582. Please let the pre-admission nurse know if you have any implanted electronic devices (i.e. pacemaker, defibrillator, medication pump, or nerve stimulator).

2. Blood-thinning medications MUST be stopped from 3 to 5 days prior to the procedure. This is to lessen the risk of bleeding. The procedure may be canceled if your blood is too thin. Please check with the physician who ordered your blood-thinning medication to be sure it is safe for you to discontinue this medication. Some examples of blood-thinning medications include: Coumadin, Warfarin, Xarelto, Eliquis, Pradaxa, Plavix, Effient, Brilinta (Aspirin does NOT need to be stopped).

3. Stop all iron, fish oil, and other seed oil supplements 3 days prior to exam.

4. Diabetic on INSULIN – Please contact your primary doctor for instructions. Diabetic on ORAL AGENTS – HOLD evening and morning doses unless otherwise instructed by your primary doctor.

5. You should take your regular morning medicines (EXCEPT blood thinning medications and Insulin) with a small sip of water before 7 am. If you have an inhaler(s), nitroglycerin tablets, or medicine you need to take shortly after waking, please bring these in with you. Avoid taking fish oil products and medicine containing iron for three days prior to the exam, although this is not critical.

6. Insurance Instructions

Please contact your insurance company prior to receiving services to guarantee that prior authorization and insurance coverage requirements are met. Look on your insurance ID card for a phone number to call regarding these questions. Ask your insurance company if prior authorization is required for your scheduled procedure/service and to verify your benefits. Not obtaining prior authorization could reduce your benefits and leave you financially responsible. Note: final diagnosis will not be available until your procedure has been completed.
Special Instructions to Follow BEFORE Your Exam:

1. A Digestive Health Center pre-admission nurse will call you a few days prior to your appointment to verify your benefits and to review your medical history. You should have received a letter to your procedure with the time and date of the procedure. Patients and/or legal representatives may call by two weeks of your exam, between 8 am to 5 pm (M-F) to obtain a health assessment.

2. Blood-thinning medications MUST be stopped 3 to 5 days prior to the procedure. This is to lessen the risk of bleeding. The procedure may be canceled if you have been taking these medications. Please check with the physician who ordered your blood-thinning medication to be sure it is safe for you to discontinue this medicine. Some examples of blood-thinning medications include: Coumadin, Warfarin, Xarelto, Eliquis, Pradaxa, Plavix, Effient, Brilinta (Aspirin does NOT need to be stopped).

3. Stop all iron, fish oil, and other seed oil supplements 3 days prior to exam.

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6. Insurance Instructions
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7. Billing Information
   You/your insurance company should expect bills for the following services:
   - Facility fee – billed through SSM Health Digestive Health Center
   - SSN Health Dean Medical Group Physician fee – billed through Dean Health Plan
   *Facility charges include: all medications, supplies and nursing services provided by SSM Health Digestive Health Center while in our facility.

Insurance Instructions
- For more information please visit our website at www.deancare.com/digestive
- Questions call 1-800-222-5962 or 1-608-250-1336 – billed through SSM Health Digestive Health Center while in our facility.
- SSM Health Dean Medical Group Physician fee – billed through SSM Health Digestive Health Center while in our facility.
- Facility fee – billed through SSM Health Digestive Health Center while in our facility.
- Questions call 1-888-881-6248

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT IF YOUR EXAM IS
IN THE MORNING (Except for your morning medications with a small sip of water).

Fasting may be required for your procedure. Please contact your insurance company to verify if fasting is required for your procedure.

Morning Procedures:

FOR AFTERNOON PROCEDURES, YOU MAY HAVE A CLEAR LIQUID BREAKFAST BEFORE 8 am.

Clear liquids include: Water, Fruit juice without pulp (apple, white grape), Lemonade, Clear broth, Coffee or Tea (without milk or creamer), 7-Up, Sprite, Gatorade, and Popsicles; AVOID any clear liquids that are RED, PURPLE or BLUE in color. You/your insurance company should expect bills for the following services:

Acid reflux will be monitored throughout the procedure also. It is not uncommon for oxygen to be given during the procedure. You will be asked to lie on your left side. When you are sufficiently sedated, the physician will begin the exam. The receptionist at the center will ask for your insurance card, including Medicare card if you have one, and photo ID. Remember to bring reading glasses if you use them.

If you have any questions concerning the procedure, please contact a member of the SSM Health Digestive Health Center staff. The receptionist at the center will ask for your insurance card, including Medicare card if you have one, and photo ID. Remember to bring reading glasses if you use them.

Once you are registered, the admission staff will prepare you for your procedure, and provide you with a gown and slippers while at the center. Your physician will review the need for the procedure, explain the risks involved, and answer any questions concerning the procedure.

An intravenous catheter will be placed in a vein to administer sedative medications. The medications are given throughout the procedure as needed. Your heart and breathing will be monitored throughout the procedure also. It is not uncommon for oxygen to be given during the procedure. You will be asked to lie on your left side. When you are sufficiently sedated, the physician will begin the exam.

Please be aware that there may be delays due to emergency situations. Your patience is appreciated.

For more information please visit our website at www.deancare.com/digestive

After the Exam

You will be taken to the recovery area where staff will continue to monitor your heart and breathing. When you are sufficiently awake and can swallow, you will be given something to drink. You may resume your normal diet unless otherwise instructed. Please be aware you may still feel drowsy upon discharge.

Your throat may be sore for one to two days after the procedure. Gargling with warm salt water may relieve some of this discomfort.

If the IV site is tender, apply a warm compress to the area for five to ten minutes, four times a day. Your physician should be notified if this does not get better in 1 to 2 days. Patients receiving sedation can NOT drive after the exam; patients can resume driving 12 hours after sedation and procedure.

Normal activities may be resumed the following day. You may also return to work the next day.

You may experience gas discomfort. This is usually helped by walking, and is usually gone by the following morning.

As a result of the sedative medications administered to you during the procedure, you may not completely remember all of the details surrounding your examination. Your physician will explain to you the results of your exam, and give you final instructions before you leave the center. It is often helpful to have a friend or relative present to help you remember what was discussed.

If any biopsies were done, the results of these will be sent to you and your primary physician within two weeks of your exam, or you may be asked to call the physician who performed the exam to obtain the results. It takes at least 3 days for the physician to receive results, so if you call, wait at least 72 hours.

The Digestive Health Center is located on level 1 of the SSM Health Outpatient Center building, which is connected to the Park Street Ramp. Please be aware the SSM Health St. Mary’s Hospital – Madison campus is smoke free. Again, please arrive at the time indicated on your letter and plan for your procedure to begin 30 to 60 minutes after your arrival.
Special Instructions to Follow BEFORE Your Exam:

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   If you develop insulin shock due to low blood sugar, you will need to treat it with orange juice or hard candy immediately. Please contact us if this happens so we can determine if the procedure can be still performed. It may need to be rescheduled.

5. You should take your regular morning medicines (EXCEPT blood thinning medications and insulin) with a small sip of water before 7 am. If you have an inhaler(s), nitroglycerin tablets, or medicine you need to take shortly after your exam, please bring these in with you. Avoid taking fish oil products and medicine containing iron for three days prior to the exam, although this is not critical.

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If:
1. You develop a fever over 100°F or develop shaking chills;
2. You develop new, severe, or increasing pain in your abdomen, chest, or neck;
3. You begin to vomit;
4. Your bowel movements are bloody, or turn black or maroon in color;
5. You become light headed or dizzy;
6. You develop shortness of breath or difficulty breathing;
7. Or just have questions after the procedure;

CALL THE SSM HEALTH DIGESTIVE HEALTH CENTER GASTROENTEROLOGY DEPARTMENT AT 608-260-3405
FOR AFTER HOURS EMERGENCIES, CALL DEAN ON CALL AT EITHER 1-800-57-NURSE OR 608-250-1393

See map and directions on next page

The Digestive Health Center respects the rights of all patients in accordance with state law. You will find your rights prominently posted in our reception area.