



**GCNS**  
GASTROENTEROLOGY  
CONSULTANTS OF THE NORTH SHORE

## **ENDOSCOPY INSTRUCTIONS**

**Glen Endoscopy Center (2551 Compass Road #115, Glenview, IL 60026)**

APPOINTMENT DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

### **What is a EGD?**

An EGD (esophagogastroduodenoscopy) is an examination of the upper GI tract. A small flexible tube (endoscope) with a lighted end is inserted through the mouth to provide a direct view of the inside of the esophagus, stomach and duodenum (first part of the intestine). The procedure takes 20 minutes, but allow 2 1/2 hours for completion of the test.

- **Pre-authorization: all patients** (except Medicare) need to contact insurance carrier for pre-authorization at least 5 days prior to your scheduled exam.
- **Please fill out all forms and bring with you to the appointment.** The required forms include patient profile, patient history and referring physician forms, these can be found on our website.
- **Arrange a ride home, someone will need to pick you up.** You cannot take a taxi or Uber. You cannot go back to work. The procedure will not be done unless there is someone to drive you home.
- Arrive at the Glen Endoscopy Center **45 minutes prior** to your scheduled exam time.
- **It is OK to continue to take Aspirin if prescribed by your physician up until procedure date, but do not take any other anti-inflammatory medications for 1 week prior to the exam.** If you are taking any other pain or arthritis medication, please call the office to discuss discontinuing the medications prior to the exam. Tylenol is OK to take.
- **If you are on Coumadin, Plavix, Ticlid, Lovenox, Xarelto, Eliquis or any other blood thinner,** please contact your primary care physician

(PCP) or Cardiologist to determine whether you should discontinue it prior to the procedure. Please notify our office if your PCP feels you need to continue on these medications.

- **Diabetic patients:** If you are taking insulin, do not take your morning dose on the day of the procedure. You may take ½ of your regular dose the night before the procedure. Check your blood sugar before exam and if it is low, you may drink some apple juice. If you are on Metformin (or Metformin containing medications) you may continue them as prescribed until the day before and day of the procedure.
- Patients with internal defibrillators or Automatic implantable cardioverter defibrillators (AICD) or patients who require continuous Oxygen CANNOT have their procedure done at The Glen Endoscopy Center. If we have scheduled you at the Glen in error, please let us know and we will make other arrangements.
- **Do not have anything to eat after midnight the night before your exam. You may have nothing to eat or drink for 8 hours prior to your exam.** Brushing your teeth is ok, do not swallow any water.

### **ADDITIONAL INSTRUCTIONS**

- Antibiotics are NOT required before the procedure, even if you require them for dental procedures.
- Please stop taking **iron** or vitamins containing iron for 1 week prior to your procedure.
- Although the appointment time is reserved for you and we make every effort to run on time, sometimes emergencies occur which disrupt the scheduled procedure time. We thank you in advance for your patience and understanding.
- The results will be discussed with you at the time of discharge from the facility, you may not remember many of the details. You should have a family member or close friend with you at the time of discharge. Some tests will require time to process, results should be received within 7 days.
- Sedation. All cases are done under guidelines for conscious sedation or Monitored Anesthesia Care (MAC). If you have special needs, we encourage you to make an office appointment prior to having a procedure.
- Should you need to cancel your procedure for any reason, we ask that you notify the office at least 48 hours in advance or a fee will be

charged. Please contact our office directly. Do not page the doctor on call over the weekend for cancellations.