

Instructions for Upper Endoscopy/EGD

Patient: _____ Date: _____ Admit time: _____

A nurse from Lincoln Surgery Endoscopy Services will be contacting you within a week before your scheduled procedure. Our preop phone calls are generally made in the afternoon, due to our nurses being involved with morning procedures. Please plan on this call taking approximately 10-20 minutes depending on your medical information. This call is very important, so that we may obtain your information and answer any questions you have about your upcoming procedure.

Preparing for your exam

- 1. Five Days Prior:** Please **STOP** your medications that have blood thinning effects five days prior to your procedure, such as: **Motrin, Ibuprofen, Aleve, Celebrex, and arthritis medications.** Tylenol and Aspirin are okay. If you are on **Coumadin, Plavix, Xarelto,** or any other anticoagulant/antiplatelet medication you must discuss how to handle this with your primary care physician.
- 2. The Day Prior** to your procedure, you may eat and drink up until midnight. NO solid food after midnight.
- 3. The Day of Your Procedure,** you may have water up until 4 hours prior to your procedure admit time. Please keep your water consumption minimal.
4. You will stay in your own clothes during your procedure so please wear something comfortable. Also due to our blood pressure cuff and IV needed, please wear a short sleeve shirt.
5. The morning of your procedure please take your usual medication for heart, blood pressure, or seizures but please **HOLD ALL OTHER MEDICATION** unless directed differently by your physician.
6. Bring your insurance card and picture ID (driver's license is okay).
7. No smoking after midnight and NO alcohol.
8. Leave all jewelry and valuables at home. Please do not wear contact lenses; you may wear your glasses. Do not wear makeup or fingernail polish.
9. If you are a diabetic and able, please check your blood sugar/glucose before leaving your house.
- 10.** Arrive at the center as instructed. The extra time is necessary for admission procedures. Please plan on being with us for approximately 1 ½ to 2 hours.
- 11.** Because of the sedation, you must have arrangements to take you home – a taxi or bus is not acceptable. If these arrangements are not made, the exam will be cancelled. Also, a responsible companion needs to be with you the remainder of the day.
- 12.** Please show up for the exam at the above scheduled admit time.

*It is **your responsibility** to contact your insurance company to verify coverage and benefits for the scheduled procedure.*

Before your procedure you will need to complete a brief medical history form. This information is also located inside your Nebraska Surgery Center pamphlet.

ONLINE (Best Option)

1. Go to www.nebraskasurgery.com
2. Click on the stethoscope button "**Simple Admit**"
3. Enter the password: **NSC402NEW**
4. Answer all fields

By Phone

1. Contact Nebraska Surgery Center at 402-484-6600
2. Ask to speak to a GI/Endoscopy Nurse to help you fill out "**Simple Admit**"
3. The Nurse will answer any questions you have