Special Instructions
For patients having a dilatation or a PEG placement...

Your Upper Endoscopy (EGD) Appointment

______________________________
(Patient Name)
______________________________
You have been scheduled for a
☐ EGD
☐ Esophageal Dilatation

______________________________
(Physician Name)
______________________________
with

______________________________
(Date)
______________________________
(Arrival Time)
______________________________
If you have any questions about your appointment, please call our office at (207) 907-3560 or 907-3550.

St. Joseph Gastroenterology

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Please call our office at 907-3560 or 907-3550 with any questions you may have.

St. Joseph Healthcare
St. Joseph Hospital
In the Spirit of Healing
Founded by the Felician Sisters
www.stjoeshealing.org

Photo: St. Joseph Gastroenterologist Mark R. Lena MD

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Upper Endoscopy is a procedure performed by a gastroenterologist to diagnose and, in some cases, treat problems of the upper digestive system. The endoscope is a long, thin, flexible tube with a tiny video camera and light on the end. By adjusting the various controls on the endoscope, the gastroenterologist can safely guide the instrument to carefully examine the inside lining of the upper digestive system.

Upper endoscopy can be helpful in the evaluation or diagnosis of various problems including difficult or painful swallowing, pain in the stomach or abdomen, bleeding, ulcers and tumors. Instruments can be passed through the endoscope to obtain tissue samples, coagulate (stop) bleeding sites, dilate or stretch a narrowed area, or perform other treatments.

In preparation for this procedure, you will be given an intravenous line through which sedative medication will be administered. You will be drowsy but not completely asleep during the procedure.

### Patient Instructions

Please follow these instructions carefully. This will avoid the necessity of rescheduling.

#### Day of the Upper Endoscopy

Have nothing to eat or drink eight hours prior to arrival at the hospital. This includes water.

#### Medications

You may take medications with a sip of water up to 2 hours prior to your procedure, or bring your daily medication with you on the day of your EGD so you can take it afterwards.

#### Insurance

If you are a patient new to our practice, please call us with the name, address and policy numbers of your insurance company. We will submit your bill to all insurance carriers provided we have this information.

If you are taking blood thinners (excluding aspirin) please let us know and contact your primary care provider to see if any special arrangements need to be made.

### Please Note:

Patients with the following conditions, please take note of these special instructions:

- **Diabetes**: If you have diabetes and are taking medications to control your blood sugar, please contact your primary care doctor for instructions on taking your medicine the day before and the day of the procedure.

- **Bleeding**: If you have a history of a bleeding disorder or if you have frequent, unexplained bleeding, please inform us.

- **Allergies**: If you are allergic to any medications, please inform us – particularly if you are allergic to Versed or Fentanyl.

### Transportation After Your Procedure

**You cannot drive.** Please make sure you have made proper arrangements to return home. You must be accompanied by another adult to drive you home or accompany you on public transportation after your procedure. It is unsafe to operate a vehicle while under the influence of sedative medications. Someone must be with you until the morning following your procedure. Your procedure may have to be cancelled if you have no one to take you home and stay with you.

Resume home medications unless otherwise instructed.