



# The Portland Clinic EGD (esophagogastroduodenoscopy) Instructions

Your EGD is scheduled on

at

Time given during pre-op call

**LOCATION:**

ASC (Alberty Surgical Center)

LGS (Legacy Good Samaritan)

**IMPORTANT:** Procedures scheduled at the ambulatory surgical center require a 14-day notice for cancellations. Appointments canceled with less than 14 days' notice are subject to a \$400 missed surgery/late cancellation fee.

Procedures scheduled at an offsite hospital require a 30-day notice for cancellations. Appointments canceled with less than 30 days' notice are subject to a \$400 missed surgery/late cancellation fee.

A surgery center nurse will call you about a week prior to your procedure to verify your information and confirm your arrival time. Your arrival time is subject to change due to equipment needs or the medical needs of other patients.

Your physician has requested that you have an EGD. This is an exam for your upper GI tract. This exam causes little or no discomfort and requires only minor preparation:

- Eat a low-fat meal the evening before your procedure.
- Do not eat any solid foods after midnight.
- Do not eat or drink anything, including water, the day of your procedure.
- Medications may be taken with a small amount of water. The nurse that calls you will review your medication list with you and let you know which medications are safe to take.
- Because of the sedation you will be receiving, you **must** have a responsible adult take you home. Patients receiving anesthetic agents other than local anesthesia should be supervised in the immediate post-discharge period by a responsible adult for at least 12-24 hours.

**If you need to reschedule your procedure, please call our office: Tigard 503-293-0161 x4053**

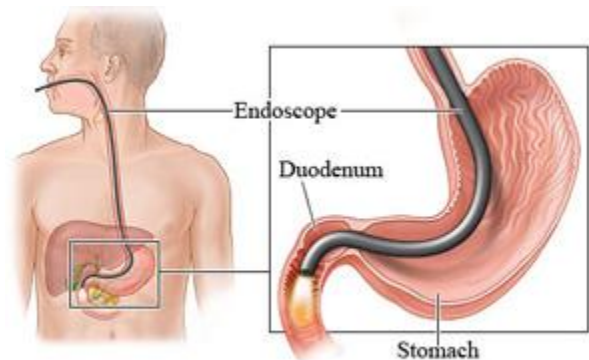
**What is an EGD (esophagogastroduodenoscopy)?**

An esophagogastroduodenoscopy is a nonsurgical procedure used to examine a patient's digestive tract using an endoscope. An endoscope is a long, thin, flexible instrument with a camera and light on the end. A gastroenterologist can safely guide the endoscope to examine the inside lining of the upper digestive system.

Your doctor may recommend an endoscopy procedure to:

**Investigate causes of digestive abnormalities.** An endoscopy may help your doctor determine what is causing symptoms such as nausea, vomiting, abdominal pain, difficulty swallowing and gastrointestinal bleeding.

**Diagnose and treat digestive diseases and conditions.** An endoscopy may be utilized to collect tissue (biopsy) samples and/or treat diseases and conditions such as anemia, bleeding, inflammation, diarrhea, difficulty swallowing, or cancers of the digestive system. Endoscopy can also be used to remove foreign objects lodged in the upper digestive tract.



© Healthwise, Incorporated

## **FREQUENTLY ASKED QUESTIONS (GENERAL):**

I know I was told that you don't know what time my procedure is, but can you please tell me anyway? **No.** We are unable to provide specific times for patients and we encourage patients to wait for their pre-op phone call to find out this information. **The Surgery Center is accommodating if there are any special needs, however we are unable to guarantee or give out any specific procedure times until the pre-op call about a week prior.**

How long will the procedure take/how long will I be at the facility? The procedure itself takes about 10-15 minutes, however, plan on being at the Surgery Center for about 2.5-3 hours (time from check-in to check-out).

Can I drive myself home after my procedure? **NO.** Because of the sedation you will be receiving, you **must** have a responsible adult take you home. Patients receiving anesthetic agents other than local anesthesia should be supervised in the immediate post-discharge period by a responsible adult for at least 12-24 hours.

What if I take a blood thinner like Coumadin, Warfarin or Plavix? What if I take a blood thinner like Coumadin, Warfarin or Plavix? As directed by your provider. If you have not discussed blood thinners with your provider, reach out to them for instructions.

What if I take diabetes medications? If you are diabetic, take only half of your normal diabetic medication dosage the day night prior to and the morning of your procedure. Because you know your body better than we do, you should manage your blood sugar as needed or as directed by a physician. If you have a low blood sugar during office hours, call the Surgery Center. If you have a low blood sugar after hours, contact the physician on call (503) 221-0161.

What if I take blood pressure medications? You may continue taking your blood pressure medication normally unless it has a diuretic (water pill) included. Hydrochlorothiazide (HCTZ) is an example of a diuretic. **If you are taking blood pressure medication with a diuretic, do not take the medication on the day of your procedure.**

What if I take a diuretic (water pill)? **Do not take your diuretic medication on the day of your procedure.** Diuretics increase your chances of dehydration, which we want to avoid. Some examples of diuretics are Hydrochlorothiazide (HCTZ) and Lasix.

Why do I need to give notice to cancel or reschedule my procedure? Due to the required preparation for the procedure and as a courtesy to patients on the waitlist, we must ensure everyone has adequate time to prepare with the necessary food restrictions, transportation requirements, and lab work.

Who can I contact with any billing questions? Our Patient Accounts department can answer any questions you may have. You can contact them at 503-221-2189, option 1.

## **2 DAYS BEFORE YOUR EGD:**

1234-001-380-D Revised 4.27.26

- Review all preparation instructions given from the office.
- Confirm your transportation to and from the Surgery Center.

**1 DAY BEFORE YOUR EGD:**

- Follow the diet instructions.
- Adjust your medications as needed (see above).
- Make sure you are available by phone should your doctor's office or the Surgery Center need to contact you.
- Read through the Surgery Center policies and procedures and fill out any necessary forms.

**DAY OF YOUR EGD:**

- If you take nitroglycerin or have asthma inhalers please bring them with you to your procedure.
- Bring your insurance card and photo identification.
- Leave valuables at home.
- NOTHING TO DRINK FOUR AFTER MIDNIGHT, INCLUDING WATER.**