

Upper Endoscopy (EGD) Prep Instructions

Your procedure is scheduled on _____ with _____.

You should **ARRIVE** at _____.

Please arrive at: Southern NH Health, 8 Prospect Street, Nashua, NH 03060 - 2nd Floor, Endoscopy

Upper Endoscopy, also known as esophagogastroduodenoscopy (EGD), is a procedure used to examine the lining of the esophagus (swallowing tube), stomach, and upper part of the small intestine (duodenum). The doctor may perform this procedure to diagnose and treat (when possible) certain disorders of the upper GI tract.

You **CANNOT** drive the remainder of the day after your procedure due to the potential side effects of the sedative given. Plan to return to work the following day. Please allow 2 ½ --3 hours at the facility.

We cannot perform your procedure without a responsible adult who can pick you up at the Endoscopy Department after your procedure and bring you home. You cannot use a taxi, Uber, bus, or any public transportation unless you are with a responsible adult.

Please note:

- We require one week's notice for all procedure cancellations. Please call 603-577-5355 and press option 1 to cancel or reschedule your procedure.
- If you have tested positive for Covid within 30 days of your procedure, please call Foundation Gastroenterology at 603-577-5355.

TWO WEEKS BEFORE YOUR PROCEDURE

- If you have diabetes, be sure to contact your managing or prescribing provider for medication instructions.
- If you take a GLP-1 medication (Ozempic, Trulicity, Victoza, Mounjaro), you may need to hold this for one week prior to your procedure. Please call Foundation GI for instructions if you have not heard from one of our nurses (603-577-5355).
- If you are on a prescription blood thinner/antiplatelet medication (such as Coumadin, Eliquis, Plavix, Xarelto, Brilinta, Pradaxa, Effient, or an equivalent), a nurse will contact your prescribing provider for instructions on holding this medication. If you have not heard from one of our nurses one week prior to your procedure, please contact Foundation Gastroenterology at 603-577-5355.

ONE WEEK BEFORE YOUR PROCEDURE

- Stop all Vitamins and Supplements, including Fish Oil and Iron.
- A nurse from the Pre-Admission department will conduct a telephone interview which will last approximately 15 minutes. The nurse will ask questions regarding your medical history, allergies, and medications. If you miss their phone call, you can call them back at 603-577-2741. Please note that you may need to leave a message with a good time and phone number to reach you.

FIVE DAYS BEFORE YOUR PROCEDURE

- Stop taking all NSAIDs (Ibuprofen, Advil, Aleve, Indocin, Voltaren, Mobic, Celebrex).
- You can continue taking Aspirin 81 mg.
- If you take Aspirin 325 mg, ask your prescribing provider if you can drop down to 81 mg for 5 days prior to your procedure.

THE DAY BEFORE YOUR PROCEDURE

- You may continue your regular diet until midnight.
- No alcohol or marijuana.

PLEASE DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT.

THE DAY OF YOUR PROCEDURE

- Please avoid all foods and liquids, including gum and hard candy.
- No alcohol or smoking.
- **MEDICATIONS: At least 3 hours before your arrival for your procedure, you may take your routine medications (unless otherwise directed) with small sips of water.**
- **If you have a rescue inhaler, please bring it with you.**

Insurance Guide for Endoscopy Procedures

Insurance Coverage

- Insurance companies vary coverage for all endoscopy procedures. Whether you are having a screening colonoscopy or a diagnostic colonoscopy, your benefits may vary.
- Please note, you may be scheduled for a screening procedure but if a biopsy is required or a polyp is removed, your screening colonoscopy then becomes a diagnostic colonoscopy, and your insurance may need to process the claim differently.
- Your coverage may also vary based on the location of your procedure—either at Southern New Hampshire Medical Center or the Surgical Center of Greater Nashua. If your insurance policy requires a specific location, please contact our office to ensure you are scheduled appropriately.
- We encourage you to check your coverage by calling your insurance company directly before any procedure is performed to find out what your benefits are.

Out of Pocket Expense

- Your share of the cost of a procedure, the “out of pocket expense” is defined by your insurance policy. Out-of-pocket expenses can include deductibles and co-payments for the hospital and the ambulatory surgery center. Expenses can be annual or per procedure.

- For any endoscopic procedure, your insurance company determines the deductible and copayment amounts. You are financially responsible for these amounts.

Communicating with Your Insurance Company

What to ask:

- Tell the customer service representative that you are calling to check on your coverage for your colonoscopy and/or upper endoscopy, be sure to let them know the location for your procedure.
- Ask about “out-of-pocket” expenses, including co-pays, co-insurance, or any deductible (if not yet met). This will ensure you are fully informed of the possible costs you may incur prior to your procedure.
- You should also check to see what the coverage is for the anesthesia portion of your procedure. Each insurance company may have different coverage. The typical anesthetic used is propofol, be sure to check if this is a covered benefit under your plan.
- In addition, ask about coverage for specimens removed and sent to pathology (lab).

Financial Assistance

- All non-covered services will be your responsibility to pay.
- Financial assistance is available for patients who meet eligibility criteria. Contact the Financial Counselors at 603-577-2205 or 603-577-2241.
- Southern New Hampshire Medical Center as well as Foundation Medical Partners offers a prompt pay discount of 20% for balances greater than \$49.99 when paid within 45 days of the initial billing statement. There are also payment options available to help you; for these options call a patient relations advisor on 603-577-7800.