

## STARK AMBULATORY SURGERY CENTER

4360 Fulton Dr NW

**Suite C (Lower Level)**

Canton, Ohio 44718

**Nabil Fahmy MD**

**Sameh S. Kamel MD**

**Please note:** The Endoscopy Unit is located in the **lower level** of the building. Simply follow the drive down to the **rear, lower level entrance**.

### ENDOSCOPY (EGD) INSTRUCTIONS

It is essential that you call your insurance company today and ask if this procedure needs precertification. Record the name of the person you spoke with and the date. After you call your insurance company/companies, please call our office at 330-305-2020 and let us know whether or not precertification is necessary. We will ask for the name and date to be documented in your chart. If needed, we will then call and get the authorization.

**STOP** all of these medications **THREE DAYS** before procedure:

Celebrex, Ticlid, Lodene, Relafen, or any other anti-inflammatory medication.

**STOP** all of these medications **ONE WEEK** before procedure:

Aspirin, Aleve, Advil, Ibuprofen, Motrin or Plavix (Note: you can use Tylenol if you have pain.) Also all herbs should be discontinued one week prior to your procedure because many of them cause blood thinning.

**COUMADIN** needs to be **STOPPED FOUR OR FIVE DAYS** before procedure.

You will need to check with the doctor who prescribed this medication to see if it is OK to do this.

**The only medication you will take the morning of your procedure is your heart, blood pressure and seizure disorder medication with a sip of water. You can also use any of your inhalers.**

### ENDOSCOPY

Your doctor has requested that you have an endoscopy. This is an examination of your esophagus (food pipe), stomach and duodenum (the first part of your small intestine). When you are here you will sign a diagnostic consent form, giving the gastroenterologist permission to do the procedure. Medication will be given in the procedure room (conscious sedation) to help you relax.

### PREPARATION

1. Nothing to eat or drink after midnight the night before the test, your stomach must be empty.
2. **Please bring a list of all your medications, dosage and when you take them.**
3. Bring a list of any allergies.

## **Additional Preparation for Diabetics**

1. Insulin dependent diabetics: Take ½ of your insulin in AM day of procedure. You may bring the other half with you for after the procedure.
2. Diabetics on oral medication: Do not take any of your diabetic meds until after your procedure when you go home and eat.

### **DURING THE PROCEDURE**

1. During the procedure, you will be lying on your left side on a comfortable cart in a darkened room.
2. A bite block will be placed in your mouth to protect your teeth and the flexible tube (endoscope) will be inserted. This will be done with surprising ease due to the relaxing effect of the medication. It will not interfere with your breathing.
3. The doctor will advance the scope into your stomach and duodenum for close examination. Often, a biopsy (a tiny bit of tissue) may be taken for microscopic examination. This **will not** cause you any discomfort.

### **AFTER THE PROCEDURE**

1. In the recovery room you must stay for at least half an hour.
2. The only discomfort you might feel afterwards may be a “gassy” feeling that may last a short period and occasionally a slight sore throat.
3. **DUE TO THE MEDICATION YOU RECEIVED DURING THE PROCEDURE YOU MUST HAVE SOMEONE DRIVE YOU HOME OR THE PROCEDURE WILL BE CANCELLED.**
4. The examining doctor will tell you, or with your consent, a family member or friend what he found. A copy of the report will also be sent to your physician giving details of the examination.
5. If you experience severe pain, fever, or vomiting, please call your doctor at 330-305-2020 or go to the emergency room.
6. Discharge instructions will be given after your procedure.