performed. Please remember to have your primary care physician generate a referral for this procedure if necessary. Referrals must be done in advance of the examination date. Bring your insurance cards with you on the day of your procedure.

Most insurance plans require the patient to pay a deductible and/or co-pay. These fees are the responsibility of the patient and due at the time the medical service is rendered. If requested, we will assist you in determining the amount of fees you may be responsible for, and we will work with you to set up payment plans as needed.

You will receive two billing statements: one from the Endoscopy Center for the facility fee and one from the physician who does your procedure. If you should have biopsies taken or polyps removed, you will also receive a billing statement from the pathology group that processes the specimens.

For assistance with insurance questions before your procedure, please call (785) 270-4803 to speak with our insurance clerk.

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**Patient instructions for upper endoscopy**

1. Your upper endoscopy (EGD) is scheduled for:
   - Date: ________________
   - Time: ________________
   - Doctor: ________________

2. Please arrive at: ________________

3. The Digestive Health Center is located at 720 S.W. Lane. The Endoscopy Center is located on the first floor.

4. Bring someone to drive you home after the procedure.

5. Do not plan on returning to work, school, etc. after your examination. You can plan on resuming normal activities the next day.

6. Our phone number is (785) 270-4820 if you need further assistance before or after your procedure.

8. Additional instructions:
   - ________________
   - ________________
   - ________________
   - ________________

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**Patient Information for Upper Endoscopy**

Welcome to the Cotton-O’Neil Endoscopy Center. This brochure has been designed to answer your questions about upper endoscopy. Your physician has determined this procedure is necessary to further evaluate and treat your condition.

If you have questions or concerns after reviewing this material, please call the Cotton-O’Neil Digestive Health Center or the office of the physician who has recommended the examination.

Thank you for selecting the Cotton-O’Neil Digestive Health Center to help you with your digestive health screenings and concerns.
Q: Where am I receiving my upper endoscopy?
A: The Cotton-O'Neil Endoscopy Center is a Medicare/Joint Commission certified ambulatory endoscopy center. It is located on the first floor of the Cotton-O’Neill Digestive Health Center, 720 S.W. Lane, Topeka. It is staffed by a team of board certified gastroenterologists. The Endoscopy Center phone number is (785) 270-4800. Our hours are 8:30 a.m. to 4:30 p.m., Monday thru Friday.

Q: What is upper endoscopy?
A: Upper endoscopy (also known as upper GI endoscopy or EGD) allows a gastroenterologist to examine the lining of your upper gastrointestinal tract. Using a thin flexible tube, your esophagus (swallowing tube), stomach and duodenum (first portion of the small intestine) can be viewed.

Q: Why is upper endoscopy performed?
A: Upper endoscopy is generally performed to evaluate signs or symptoms that might point to a problem involving the upper gastrointestinal tract. These signs and symptoms include abdominal pain, chronic heartburn and indigestion, dysphagia (difficult or painful swallowing), chest pain, anemia, or occult blood in the stool. Upper endoscopy is more accurate than X-rays in evaluating the upper gastrointestinal tract. At the time of upper endoscopy, biopsies can be obtained to evaluate abnormalities found at the time of upper endoscopy as well as to check for other conditions that might only be evident by microscopic analysis. Biopsies are taken for many reasons and do not necessarily mean cancer is suspected. Upper endoscopy is also used to treat conditions involving the upper gastrointestinal tract. Examples include stretching narrowed areas, removing swallowed objects, or treating upper gastrointestinal bleeding. A variety of instruments can be passed through the endoscope that allow a wide range of abnormalities to be treated.

Q: What preparation is required?
A: For the safest and most accurate examination, the stomach must be completely empty. In general, you should have nothing to eat after midnight. Instructions will be provided prior to your procedure.

Q: How will my upper endoscopy be scheduled?
A: A scheduling nurse from the Endoscopy Center will be calling you to schedule your appointment. During that call, the nurse will explain the procedure and preparation. The nurse will also discuss your medications, allergies, and any herbal supplement use, so please have a list of these available, along with any questions you or your family may have. The scheduling nurses are available from 8:30 a.m. to 4:30 p.m. Call (785) 270-4820

Q: What about my current medications?
A: Most medications may be continued as usual but adjustments in other medications are frequently necessary. Inform your physician and the Endoscopy Center nurse of your current medications and any allergies to medications. Aspirin, aspirin products, arthritis medications, anticoagulants (Coumadin, Plavix), and insulin are examples of medications that will need to be adjusted prior to your examination. If you are a diabetic who takes insulin, please bring it with you on the day of your examination. If you use breathing inhalers, bring them along as well. Certain weight loss medications will need to be stopped for up to two weeks prior to your procedure.

Q: What can be expected during my upper endoscopy?
A: Before the test begins, your throat may be sprayed with a local anesthetic. Medications will be given intravenously to make you sleep. This type of anesthesia is called, ‘procedural sedation.’ Patients typically experience no discomfort during upper endoscopy. While you are in a comfortable position on your left side, the endoscope is passed through the mouth and through the esophagus, stomach, and duodenum. As the endoscope is slowly withdrawn, the inside of the duodenum, stomach, and esophagus are carefully examined. If abnormalities are present or suspected, biopsies can be obtained. Biopsies will not cause discomfort during or after the procedure. A typical upper endoscopy takes 5-10 minutes. The endoscope will not interfere with your breathing during the examination.

Q: What about my health insurance?
A: Our insurance clerk can quote you the basic fees for the procedure, but keep in mind that fees vary depending on the type of procedure being not necessarily mean cancer is suspected.

Q: What are the possible complications of upper endoscopy?
A: One possible complication is a perforation or tear through the wall of the esophagus, stomach, or duodenum which could require surgery. Bleeding may occur from a biopsy site or where a polyp was removed. It is usually minimal and rarely requires blood transfusions or surgery. Localized irritation of the vein where the medication is injected may cause a tender lump that can last for days or even possibly weeks. Applying hot moist towels may help relieve discomfort. Other potential risks include a reaction to the sedation used and complications from heart or lung diseases. Although complications after upper endoscopy are rare, contact the Cotton-O'Neil Endoscopy Center or your physician if you notice any of the following symptoms: fever, trouble swallowing, or increasing throat, chest, or abdominal pain. Upper endoscopy is a very safe diagnostic procedure performed by physicians who have been specially trained and are experienced in these endoscopic procedures.

Q: What happens after my upper endoscopy?
A: After your upper endoscopy, the gastroenterologist will explain the results to you and your family. Your primary care and/or referring physician will also be notified of the results. If a biopsy was obtained, you will be instructed as to how and when you will receive those results. In most cases, those results will be mailed to you. You will receive written instructions and information regarding the results of the examination to take home with you. Because of the effects of the sedation you will receive, you may not drive yourself home. Your driver needs to be available to pick you up in recovery as soon as they are called. Your throat may be sore for a day or two and you may feel bloated right after the procedure because of the air introduced into your stomach during the test. Wear comfortable clothing. Be sure and leave your jewelry and valuables at home. Unless we tell you otherwise, you should be able to resume your usual diet. You may also resume your medications unless otherwise instructed. Certain medications, particularly blood thinners such as aspirin, Plavix and Coumadin, may need to be held if biopsies and/or polyps were removed. Most people are ready to leave the Endoscopy Center after spending 30 minutes in recovery. If you live out of town, you might want to bring along a pillow and blanket so that you can rest on your trip home.

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