



Patient Name: \_\_\_\_\_  
Physician: \_\_\_\_\_  
Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_  
Arrival Time: \_\_\_\_\_

You are scheduled at:

- ☐ Abrazo West Campus, 13677 W. McDowell Rd. Goodyear, AZ 623-882-1850
- ☐ AZ West Endoscopy Center, 1850 N. 95<sup>th</sup> Ave. Ste. 190 Phoenix, AZ 623-594-4060
- ☐ Banner Estrella Surgery Center, 9301 W. Thomas Rd. Phoenix, AZ 623-388-5700
- ☐ St. Joseph's Westgate Medical Center, 7300 N. 99<sup>th</sup> Ave. Glendale, AZ 602-406-3000
- ☐ Surgical Elite, 10815 W. McDowell Road Ste. #101 Avondale, AZ 623-433-0110

**Preparing for your Upper Endoscopy (EGD)**

*Please read these instructions in their entirety when you receive them. Please call us with ANY questions. If the instructions are not followed we may not be able to do your procedure.*

**Clearance:**

- ☐ If this box is checked you will need a \_\_\_\_\_ clearance for your procedure. It is YOUR responsibility to follow up with your doctor(s) for this. We will fax your doctor requesting the clearance as a courtesy to you. If we do not receive your clearance one week before your procedure you may be rescheduled.

**Medications:**

- Please let us know IMMEDIATELY if you take any blood thinning medication such as Coumadin (Warfarin), Xarelto, Pradaxa, Eliquis, or Effient. We have to take special precautions for these medications.
- If you have diabetes, please read the attached special directions. Check your blood sugar prior to your exam check in time.
- If you have a pacemaker or internal cardiac defibrillator please let us know IMMEDIATELY!

Please bring a current copy of your advanced directive (ie: living will or medical power of attorney) to place in your medical record unless you have recently done so.

**Please remember:**

- During the exam you will receive intravenous (IV) medicine to sedate you. For the first 24 hours you may have the following: Lapses of Memory; Slowed reaction time; Impaired Judgement. Therefore the following will be necessary for your safety:
  - ***Your exam WILL NOT be done unless you have a responsible adult accompany you home and be available to report any unexpected medical problems.***
  - You are not allowed to take a taxi home unless you have a responsible adult with you.
  - You may not drive motorized vehicles or equipment for 24 hours.
  - Do not drink alcohol for 24 hours.
  - Rest for the remainder of the day.
  - Do not return to work.
  - Do not assume responsibility for young children or anyone dependent on your care.
  - Avoid making important decisions or signing legal documents.
  - Do not travel by airplane for 7-10 days after your procedure.
  - Please remove and leave all jewelry at home, we are not responsible for any lost jewelry.

**P** 623-772-6999    **F** 623-772-6444    **E** support@drlizcruz.com

4110 N. 108th Avenue, Ste 105, Phoenix, AZ 85037  
**drlizcruz.com**

**General Prep Instructions:**

- **ONE WEEK BEFORE YOUR EXAM (7 DAYS):**
  - No Aspirin, Plavix, Trental, Aggrenox, Vitamin E, fish oil, or NSAIDs (non-steroidal anti-inflammatory drugs). For a full list please see the end of the prep form.
  - **Please do not stop any prescription medications without the permission of your provider that prescribed them.**
  - No illegal drugs (including Marijuana) for 7 days prior to your procedure. Use of illegal, non-prescribed drugs (including Marijuana) could cause adverse side effects during your procedure.

**The day BEFORE your exam:**

- Eat and drink normally.
- Take your medicine as usual.
- DO NOT eat any solid food after midnight.

**The day OF the exam:**

- Take your blood pressure and heart medications on the day of procedure with a sip of water. All other medications can wait until after the procedure.
- Eat NO solid food. No milk or milk products.
- You may drink clear liquids up to 6 hours before your exam. Clear liquids are the following: Soda, Clear chicken or beef broth, Water, Black coffee or tea WITHOUT milk, Gelatin, Apple, white grape or cranberry juices.
- **You may have NOTHING by mouth, 6 hours before your check-in time. FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN A REPEAT EXAM OR CANCELLATION OF YOUR EXAM.**

**Upon Arrival to the Endoscopy Department:**

- You will be asked to change into a gown. Your health history will be reviewed and an IV will be started. Then you will be taken to an exam room. Your vital signs will be watched closely during the exam by an anesthesiologist or nurse anesthetist.
- You will receive medication through your vein. This is called monitored anesthesia care (MAC). This medication will sedate you and you will likely not feel or be aware of anything during the exam.
- During this exam, a medication may be sprayed into your throat to numb the area.
- A small mouthpiece will be placed in your mouth to protect the scope and your teeth; however, if you have chipped and or loose teeth there is a small risk of the tooth breaking / loosening / coming off. We are not responsible for damaged teeth.
- Your physician will put a thin flexible tube (scope) into your mouth, the scope does not interfere with breathing.
- Excessive saliva will be removed from your mouth by suction.
- The scope is equipped with a small camera that sends pictures to a screen. The endoscope allows the physician to look closely for ulcers, inflammation and tumors. There also is an open channel in the endoscope through which the physician may pass instruments to sample tissue (biopsy), remove foreign objects or polyps, stop upper intestinal bleeding, stretch narrowed areas (dilatation), or inject solutions.
- An Upper endoscopy usually takes between 5 and 20 minutes. When your exam is finished, you will be taken to the recovery area where you will stay for about 30 to 45 minutes.
- You will receive initial results in the recovery room and final results two weeks later by follow-up appointment, phone call or letter.

**RISKS ASSOCIATED WITH UPPER ENDOSCOPY**

Serious problems with these exams are uncommon. Possible problems include perforation (tear), bleeding, infection, drug reaction, fatal respiratory / cardiac arrest, or death. You may discuss all possible problems with your physician.

**After the upper endoscopy:**

You will receive your results usually within 2 weeks via follow up appointment, phone call or letter.

- **Discomfort:** It is normal to feel bloated. This will last until the air is expelled. Usually this will be complete by the day after your exam. You may have a mild sore throat. Throat lozenges, gargling with warm salt water and/or a non-aspirin pain reliever may help. You may notice blood-tinged saliva for a short time after your exam.
- **Medications:** You may resume taking your medications unless otherwise instructed.
- **Activity:** Rest for the remainder of the day
- **Diet:** Resume your regular diet if no other tests are ordered. *If you had dilatation, start with soft foods and add solid foods when you are able to eat them.*

#### **WHEN TO SEEK MEDICAL HELP**

- If you experience any of the following symptoms, call or go to the nearest Emergency Department.
  - Vomit blood.
  - Pass black or very dark stools.
  - Neck or chest pain.
  - Constant abdominal pain that is not relieved by expelling air.
  - Temperature of 100.4 degrees F. (38 degrees C.) or greater.

If you have any questions about preparing for your upper endoscopy or the exam itself, do not hesitate to call 623-772-6999.

#### **Financial Questions:**

**Ensuring payment for all procedures (and associated costs) is your responsibility.** Our office will do it's best to pre-certify the procedure with your insurance company. We cannot know ahead of time, though, what your exact part of the cost of the procedure will be. The cost is different for every insurance company and every individual plan. If you have any concerns please contact the customer service department of your insurance company **prior** to undergoing the procedure. Please remember to inquire about coverage for ancillary services such as the facility fee, anesthesia and pathology fees.

You are responsible for any deductibles, co-payments, co-insurance or amounts not covered by the insurance carrier for your procedure. Any collection fees will also be your responsibility.

**If you cannot make your scheduled procedure you must call at least 48 hours in advance to avoid a \$200.00 no show fee.**

**These instructions are also available on [www.drlizcruz.com](http://www.drlizcruz.com)**

#### **NSAIDs: Non-Steroidal Anti-Inflammatory Drugs**

Aspirin (Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin)  
Choline and magnesium salicylates (CMT, Tricosal, Trilisate)  
Choline salicylate (Arthropan)  
Celecoxib (Celebrex)  
Diclofenac potassium (Cataflam)  
Diclofenac sodium (Voltaren, Voltaren XR)  
Diclofenac sodium with misoprostol (Arthrotec)  
Diflunisal (Dolobid)  
Etodolac (Lodine, Lodine XL)  
Fenoprofen calcium (Nalfon)  
Flurbiprofen (Ansaid)  
Ibuprofen (Advil, Motrin, Motrin IB, Nuprin)  
Indomethacin (Indocin, Indocin SR)  
Ketoprofen (Actron, Orudis, Orudis KT, Oruvail)  
Magnesium salicylate (Arthritab, Bayer Select, Doan's Pills, Magan, Mobidin, Mobogesic)  
Meclofenamate sodium (Meclomen)  
Mefenamic acid (Ponstel)  
Meloxicam (Mobic)  
Nabumetone (Relafen)  
Naproxen (Naprosyn, Naprelan)  
Naproxen sodium (Aleve, Anaprox)  
Oxaprozin (Daypro)  
Piroxicam (Feldene)  
Rofecoxib (Vioxx)  
Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono Gesic, Salflex, Salsitab)  
Sodium Salicylate (various generics)  
Sulindac (Clinoril)  
Tolmetin sodium (Tolectin)  
Valdecoxib (Bextra)