

EGD (UPPER GI ENDOSCOPY) PREPARATION

PLEASE READ ALL ENCLOSED INFORMATION CAREFULLY.

INSTRUCTIONS:

1. Stop aspirin, ibuprofen, naproxen and other NSAID type medications 1 week prior to your procedure. If you are taking prescription blood thinning medications these will need to be stopped prior to your procedure, but you will need to discuss this with your primary doctor or the prescribing provider. DO NOT stop prescription blood thinners with out discussing it with the prescribing provider.
2. You may have a normal diet the day before the exam. No solid food after midnight. Clear liquids may be consumed up until 4 hours prior to the procedure. Clear liquids include: broth (plain), coffee, tea (no milk or cream), juices that contain no pulp, sodas (diet okay), sports drinks, Jell-O without fruit and popsicles. Please no red, orange or purple flavorings.
3. Take your blood pressure and heart medications with a small sip of water 4 hours prior to procedure.
4. **YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE TO DRIVE YOU HOME. YOU MAY NOT DRIVE, OR GO HOME BY TAXI OR BUS. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE WILL BE CANCELLED.**

AFTER THE PROCEDURE

Do NOT resume normal activities until tomorrow.

Do NOT drive, return to work, or operate any machinery or power tools.

Do NOT make any important personal or business decisions, sign any legal papers, or perform any activity that depends on your full concentrating power or mental judgment.

Do NOT drink any alcohol or take nerve or sleeping drugs. They add to the effects of the medicine still present in your body.

---- PLEASE SEE ADDITIONAL PAGE FOR MEDICATION INSTRUCTIONS FOR DIABETICS HAVING AN EGD----

Medication Instructions for DIABETICS ONLY – EGD

If you are UNSTABLE with your diabetes, please call your prescribing doctor for instructions on adjusting your insulin prior to your procedure. Stable Diabetics please follow these instructions:

INSULIN CONTROLLED DIABETICS:

1. THE MORNING OF THE EXAM, DO NOT TAKE ANY HUMALOG OR REGULAR INSULIN. You may take 1/2 your NPH or LENTE Dose.
2. IF YOU TAKE LANTUS INSULIN, DO NOT CHANGE YOUR DOSE.
3. If you are using an insulin pump, continue your usual basal rate.
4. Check for low blood sugar the MORNING of the exam and report the level to the nurse when you arrive at the endoscopy lab.
5. YOU MAY TAKE GLUCOSE TABLETS IF YOUR BLOOD SUGAR IS LOW THE MORNING OF THE EXAM.
6. Resume your normal Insulin dosage when your exam is complete and you are eating well.

ORAL CONTROLLED DIABETICS:

1. Do not take any diabetic pills (except Actos or Avandia) the morning of your exam.
2. Check for low blood sugar the MORNING of the exam and report the level to the nurse when you arrive at the endoscopy lab.
3. YOU MAY TAKE GLUCOSE TABLETS IF YOUR BLOOD SUGAR IS LOW THE MORNING OF THE EXAM.
4. Resume your normal diabetes medicine when your exam is complete and you are eating well.

Your procedure will take place at the following location:

Red Rocks Surgery Center
400 Indiana St., Suite 100
Golden, CO 80401
Phone: (720) 420-3000
Fax: (720) 420-3001

A brochure follows and will answer any questions you may have about this facility.

OUR VISION

The Mission of Red Rocks Surgery Center (RRSC) is to provide surgical expertise in a caring atmosphere and an efficient setting with quality outcomes. To accomplish this Red Rocks Surgery Center will utilize leading edge technologies within a collaborative and cost-effective system. We will deliver these services with a goal of patient service and satisfaction, endeavoring as much as possible to create a positive healing experience for our patients.

PATIENT RIGHTS & RESPONSIBILITIES

As a Patient at Red Rocks Surgery Center you have certain rights and responsibilities and will receive a copy of those before your admission to our facility. If at any time you feel that you are not being treated in a fair and considerate manner, please notify our Administrator at 720.420.3000. In addition, you will receive a copy of our policy on Advance Directives. Also, please take the opportunity to let us know if we are meeting your expectations by returning the "Patient Satisfaction Survey" that will be given to you when you arrive at the Surgery Center.

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A copy of the instructions and any prescriptions will be given to your family or friend at this time as well.

Once you are home, should you have any questions or problems, you should first try to contact your Physician. There is always someone on call to assist you.

IF YOU THINK YOU NEED EMERGENCY HELP CALL 911 OR HAVE A RESPONSIBLE ADULT DRIVE YOU TO THE NEAREST HOSPITAL EMERGENCY ROOM.

A SPECIAL NOTE

About Children Having Surgery

At Red Rocks Surgery Center we meet the unique needs of children in our nurturing comfortable environment. We encourage children to bring along a favorite toy or blanket to help them feel more at home. They may be more comfortable arriving in their sleep clothes as well.

Prior to arrival at Red Rocks Surgery Center, we encourage parents to discuss the surgery with the child to help alleviate unnecessary stress. Parents are able to stay with their child until surgery and may rejoin the child as soon as it is appropriate.

It is best if two adults accompany a child when traveling home, so one can drive while the other cares for your child during the trip.

Red Rocks Surgery Center is a physician owned entity in partnership with HCA-HealthONE. Your physician may have a financial interest in this Surgery Center.

Red Rocks Surgery Center/Medical Center is a non-smoking campus.



400 Indiana Street Suite 100 Golden CO 80401
 O: 720.420.3000 F: 720.420.3001



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 Hours of Operation: 6:00 AM - 5:00 PM

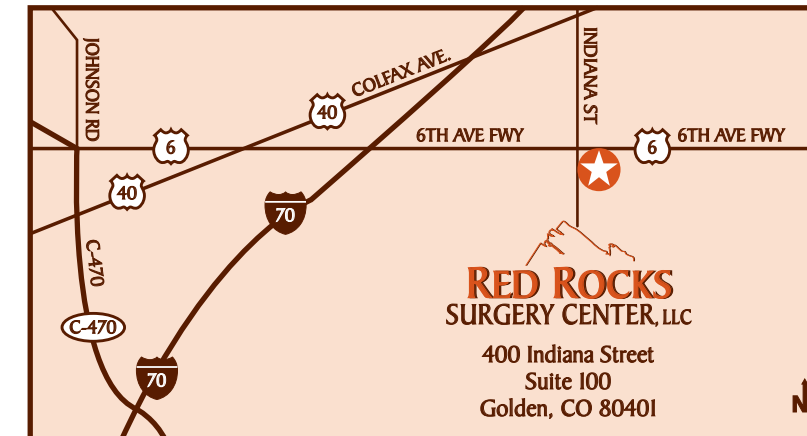
PATIENT

DOCTOR'S NAME

DATE OF PROCEDURE

AM/PM

ARRIVE AT THE CENTER



FINANCIAL INFORMATION

The Business Office staff will call your insurance company to verify your insurance coverage and determine the amount of co-payment you are responsible for. Unless other arrangements have been made prior to your admission to the Surgery Center, you will be expected to remit the payment when you arrive. We accept cash, checks, money orders, Visa Master Card and Discover.

Your bill from Red Rocks Surgery Center is **only** for the facility fee. The facility fee covers all medical supplies, medication, IV fluids, dressings, equipment used and nursing care received while you were here.

You will receive a separate bill from your physician, anesthesiologist as well as any laboratory tests, X-Rays, X-rays readings by the radiologist, EKGs, pathology or tissue testing that your physician may have ordered.

You must provide us with your insurance card and a picture identification card at the time you register at the Surgery Center.

SCHEDULING AND PRE-ADMISSION

Preoperative Testing: Your physician will determine if any pre-operative testing will be necessary prior to your procedure. If testing is necessary your physician will give you an order sheet that can be taken to a testing facility approved by your insurance company. The order sheet will alert the laboratory/radiology provider that you are scheduled to have a procedure here and the Surgery Center will receive the report. **It is best if you have your pre-procedure tests completed at least three business days before your procedure.**

Pre-Operative Registration and Health History: Prior to the date of your procedure, please go to RedRocksSurgery.com and complete the online registration and medical history. A pre-operative phone call will also be done the day prior to your procedure to provide you with pre-operative instructions. Please call us at 720-420-3000 the day before your procedure, if our nurse has not contacted you.

SPECIAL LANGUAGE NEEDS

If you are hearing impaired, please contact us by utilizing TTY-TDD 1.800.659.2656 for your pre-operative interview.

If the patient does not speak English, please have someone contact the Surgery Center for assistance with interpretive services.

THE DAY OF SURGERY – IMPORTANT INSTRUCTIONS

Please follow these instructions to ensure a safe and on time surgery. Call 720.420.3000 with questions:

- Do not eat or drink anything after midnight the evening before surgery. We will inform you of any exceptions to this rule. Do not drink any alcoholic beverages 24 hours before surgery.
- Take any medications for your heart, blood pressure or lungs that you usually take before coming to the surgery center **BUT** with a **VERY** small amount of water. Take any diabetic medications as directed by your doctor or the Surgery Center nurse who will be discussing you condition with the anesthesia provider.
- Your physician will provide you with detailed information about your procedure. If you have questions, please ask.
- Prepare to arrive at the Center at least 1.5 hours before your procedure.
- You will sign an operative consent form before the procedure. Minors must have a parent/authorized representative sign a consent prior to the procedure. We request that the parent or authorized representative remain at RRSC during surgery.
- Patients are not permitted to leave RRSC alone. You must have a responsible adult with you – someone who can ensure your safe arrival home and can provide care for you throughout the 24 hours following the procedure. If you haven't made these arrangements your procedure may be cancelled.
- Please limit the number of family members at the Surgery Center.
- If you think you might be pregnant, please contact your physician or obstetrician before undergoing any operative procedures. Medications and anesthesia may be harmful to a fetus, especially in the first 12 weeks of pregnancy. RRSC requires pregnancy testing before the procedure for all women of childbearing age (if reproductive organs are intact).

YOUR RECOVERY

After your procedure you will be monitored in the Post Anesthesia Care Room where Registered Nurses and the anesthesia provider will watch you closely until you are ready to move into a recliner.

Please tell us if you have any discomfort and we will make every effort to make this immediate post-procedure phase of your recovery as comfortable as possible.

When you are dressed, up in the chair and alert, a responsible adult may join you in the recovery area.

You may be offered liquids and nourishment in this area. As you recover, the Registered Nurse will go over the home care instructions provided by your physician with your family or friend.

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