



Optum Gastroenterology
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optumcare.com

Absolutely **NO liquids 4 hours prior to your procedure.**

****NO** food after midnight the night before.**

Failure to follow these dietary instructions can result in the cancellation or reschedule of your procedure.

Ordering Provider:

Facility Address:	Optum Peak Endoscopy Center 1615 Medical Center Point Colorado Springs, CO 80907
Facility Phone	Phone: 1-719-895-9090

Patient Name
Performing Doctor
Procedure Date
Procedure Check-in Time *(subject to change)*

Optum Peak Endoscopy Appointment Reminder

Optum Peak Endoscopy will contact you one week prior to your scheduled procedure to confirm your appointment time.

Please note: procedure and arrival times may change based on facility needs. We kindly ask that both you and your driver remain flexible throughout the day to accommodate any adjustments.

EGD (esophagogastroduodenoscopy)

Procedure Preparation Checklist

To ensure a smooth experience, please complete the following steps before your procedure:

1. Submit paperwork to Optum Gastroenterology at least two weeks prior to your scheduled procedure.
2. Pre-register with Optum Peak Endoscopy Center.
3. Review all instructions thoroughly at least seven days before your procedure.
4. You **must** be accompanied by a responsible adult who can drive you home. **Please note:** public transportation, taxis, or ride-share services (e.g., Uber/Lyft) are not acceptable unless you are accompanied by a friend or family member.
5. If you develop a fever or an active, contagious infection (such as MRSA or chickenpox) on the day of your procedure, call the facility before leaving home.
6. You are required to confirm your appointment at least five days in advance. Failure to do so will result in cancellation and may be subjected to a cancellation fee. Expect a confirmation call 7-10 days prior to your procedure.
7. If you are taking **weight loss medications** (e.g., Phentermine, Ozempic, Mounjaro, etc.), you must discontinue use **14 days** before your procedure.

Five days before the procedure

Please continue all your regular medications **except** those listed below or as indicated above for weight loss medication.

Medication Guidelines – Prior to Your Procedure

Stop the following medications at least five (5) days prior, or as directed by your physician:

- Blood thinners: Aleve®, Motrin®, ibuprofen products
- Supplements: Iron, fish/flaxseed oils, multivitamins
- Prescription medications (only if advised by your physician):
- Plavix®
- Xarelto®
- Coumadin® (Warfarin®)
- Aggrenox®
- Clinoril®, Celebrex®, Relafen®, Fiorinal®, Feldene®, Indocin®, Lodine®, Naprosyn®, Voltaren®

Medications you may continue:

- Aspirin 81mg – continue if it is part of your regular medication routine
- Tylenol® – safe to use as needed
- Essential medications – continue taking medications for heart conditions, high blood pressure, chronic pain, or thyroid issues. These may be taken 2 hours before your procedure with a small sip of water.

One day before the procedure

- Drink plenty of water throughout the entire day.
- Do **NOT** eat anything after **midnight** the night before your procedure.

Day of the procedure

- Do **NOT** eat breakfast the morning of your procedure.
- **Clear liquids only, up to 4 hours prior to your procedure** --no solid foods, milk, or milk products.

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- **DO NOT** stop cardiac, blood pressure, aspirin, or other medication unless your doctor instructs you to stop. These can be taken two hours prior to your procedure with a **small** sip of water.
- **Insulin-dependent diabetics please check with your primary care provider — ½ dose is often recommended day before the procedure and ½ dose on the day of appointment. Check blood sugar levels every 2-3 hours. Non-insulin dependent — hold oral dose until after your procedure.**
- Asthmatics — bring inhalers!
- Wear loose, comfortable clothes.
- **DO NOT SMOKE MARIJUANA, CIGARETTES, PIPES, VAPE PENS, OR E-CIGARETTES.**
- **NO GUM, HARD CANDY, COUGH DROPS, OR CHEWING TOBACCO**

What to expect during your EGD

☐ Pre-Procedure Preparation

After your initial evaluation by the admitting nurse, an **IV line will be started**. You will then walk to the procedure room, where your **vital signs will be continuously monitored**.

☐ Sedation and Procedure

Sedation medications such as **Versed™, Fentanyl™, or Propofol™** will be administered through your IV to help you relax and sleep during the procedure. You will be asked to **lie on your left side**, and a **flexible, lighted instrument (EGD scope)** will be gently inserted through your mouth into your stomach. Air may be introduced to improve visibility.

☐ Biopsies and Polyp Removal

Your doctor may take a **biopsy (a small tissue sample)** or remove a **polyp (a growth)** during the procedure. These samples are sent to a pathologist for further testing. These actions typically do **not cause discomfort**, and you will receive **written results within 4 weeks** from our office.

☐ Possible Complications

While complications are rare, they may include reactions to medications, irritation or infection at the IV site, bleeding, or perforation of the digestive tract. In the rare event of a perforation, surgical repair may be necessary.

☐ Post-Procedure Transportation

Due to the effects of sedation, you may feel sleepy or lethargic afterward. For your safety, you **must have a responsible adult (18 or older)** accompany you and drive you home. You may not leave alone or use public transportation, taxis, or ride-share services.

Financial Cliff Notes

Please be advised, every procedure will incur three or four (3–4) separate fees that you will receive a bill for:

- ☐ Facility fee – The facility where the procedure is performed.
- ☐ Physician's fee – The GI provider that performed the procedure.
- ☐ Anesthesia fee – For sedation
- ☐ Pathology fee – From the outside laboratory that tests any biopsies taken during your procedure.
- ☐ If you have any questions, please contact our billing department at 1-719-463-5903 (Monday through Friday 8 a.m. to 5 p.m.)

Frequently asked questions

- 1. What is an ABN form* and why do I have to sign it?** (*Medicare ONLY patients) The ABN form is a federally mandated form from Medicare. There are 3 forms — one is for the physician's charges, one is for the facility charges, and one will be for the anesthesia charges. These are to inform you of the estimated charges for your procedure. You will need to select 1 of the 3 options and sign and date.
- 2. How long does the procedure(s) take?** The EGD (upper scope) will take approximately 10 minutes. ALL times are approximate, depending on the procedures before yours.
- 3. When can I eat or drink again?** You will get something to drink in recovery. Once you are discharged, you can usually eat a normal diet right away, unless the doctor tells you otherwise. We recommend starting out with small and easy to digest meals.
- 4. Will my primary care or referring provider get a report as well?** Yes, we will send a written report to any doctor that you would like us to. A copy automatically goes to your referring provider that you have listed on your patient demographic sheet unless you request otherwise.
- 5. How long will it take to get the results of my pathology (biopsies or polypectomy)?** If a biopsy is performed, it will be sent to pathology for diagnosis. It generally takes 10-14 business days for us to get the results and once the doctor has reviewed the path, you will be contacted by mail or phone. It can take up to 4 weeks for you to get a letter with your results.