

Instructions for Gastroscopy

To prepare:

- If you take any diabetic medicine (insulin or pills), contact your family doctor for instructions. You may need to stop some of your medicines a few days before your test.
- Discontinue the use of aspirin products and iron tablets one week prior to the exam (Excedrin, Aleve, and Ibuprofen).
- If taking blood thinners, the nurse will give you instructions on when to stop taking these medications. You need to be off these medications several days before the gastroscopy can be completed.
- **Do not eat or drink anything 8 hours prior to arrival.**
- If you are to take your morning medicines, take them with a small sip of water only and take them at least 2 hours before arrival.
- Bring all your medicines you usually take (in the original containers) to the hospital with you, or bring a current list of all your medicines.
- **You will NOT be able to drive after the procedure. Please bring a driver.** You will not be able to leave by yourself and it will not be safe for you to drive because of the medicine you are given.
- You may be told to arrive 45 minutes before your test is scheduled so that staff can get you ready. Expect to be here for 2 hours for your test and recovery time.
- If your insurance policy states that you must **PRECERTIFY/ PREAUTHORIZE** (get prior approval), please follow the instructions in your policy manual or on your insurance card. Some insurance companies may refuse to pay all of a bill if the cardholder fails to pre-certify. To avoid a penalty, please be aware of your insurance policy requirements.

Date of procedure _____ Check-in Time: _____

** If you have not received a call from the hospital for an appointment time within 2-3 working days, please call (712) 546-3332 or 1-800-642-6074, ext. 3332 between the hours of 8:00 a.m. and 3:00 p.m.

If you have any questions or are experiencing any problems with the prep, call Floyd Valley Healthcare at 712-546-7871 or 1-800-642-6074 and ask to speak to a nurse.

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ENDOSCOPY (SCOPE) SEDATION

Currently, **Blue Cross Blue Shield** and **First Administrators** do not cover certain types of sedation for endoscopies. Therefore, you may be asked to choose between 2 options for your sedation. Please read the following descriptions so you can inform the nursing staff of your decision if asked to do so. Please be assured that with either method, all measures will be taken to maximize your comfort and safety at all times.

OPTION #1

Anesthetist-Administered Sedation

- Propofol is the drug used by the anesthetist.
- You can expect to be asleep throughout the procedure.
- You will not remember the procedure.
- The drug wears off quickly.
- There is a lesser chance of having side effects.
- It can cost from \$300 to \$450 out-of-pocket if your insurance does not cover the cost.
- The hospital's billing department can help set up payment plans.
- Insurance may cover the cost if you have certain medical conditions.

OPTION #2

Physician-Administered Sedation

- Versed and Fentanyl will be used.
- You may be awake and feel some of the procedure, or you may sleep through the entire procedure. It is difficult to predict how aware you will be during your procedure with this method.
- There is a greater chance of having some nausea / vomiting following the procedure.
- The physician and a nurse will monitor you while performing the procedure.
- This method is covered by all insurance companies.
- If we are unable to maintain your comfort after the maximum dose is administered, anesthesia will be called and Propofol will be given. You may be responsible to cover this cost.

For more information, please call Floyd Valley Healthcare's Surgery Department at 712-546-3332.