

Frequently Asked Questions (FAQ's)

The following list of questions and answers may assist you in preparing for your procedure:

- Q) I am having an upper endoscopy. Do I have to do anything to prepare for this procedure?**
- A) There is no specific preparation but you should not eat or drink anything after midnight the night before the test.
- Q) My procedure is scheduled for the afternoon. Can I eat or drink anything the morning of the procedure?**
- A) You should not eat anything after midnight. You may have up to 1 cup of clear liquid four hours prior to your scheduled arrival time at KBEC.
- Q) Will my procedure be painful?**
- A) No. The Center is fully staffed with Board-certified anesthesiologists to ensure that your procedure is comfortable.
- Q) How long will I be at the Center?**
- A) You will be at the Center approximately 1 $\frac{3}{4}$ hours in total. You will spend less time at the center by making certain you are punctual for your appointment. Arriving earlier than your appointment time won't necessarily get you through faster, while arriving late will probably cause you to lose your scheduled time slot and create substantial delays for you. Completing the required paperwork (available on-line or by mail) prior to your arrival, will expedite the process.
- Q) Do I have to bring an escort with me?**
- A) Yes. The Center requires that you have an escort to take you home.
- Q) My doctor has all my insurance information. Do I need to bring my insurance card and billing information?**
- A) Yes. KBEC is an independent entity and has no connection to your doctor's office.
- Q) Will I receive a bill?**
- A) Yes. We will bill your insurance company or HMO directly first. You will be billed for your co-payment, deductible and co-insurance.

****Please note that some insurance companies may send payment directly to you for the facility and anesthesia service. We expect that you will forward this payment directly to KBEC.**

FAQ's (continued): Special Medical Considerations

- Q) Do I take my heart medications on the day of my procedure?**
- A) In general, you can continue to take prescribed medications before and after gastrointestinal endoscopy without modification. Essential medications may be taken on the day of your procedure with a small amount of clear liquid. There are some types of cardiovascular medications, however, that should not be taken on the day of your procedure; these include diuretics, ACE inhibitors, and angiotensin II receptor blockers. If you are unsure if the medications you take fall into these categories, please ask your physician or consult the following website: www.webmd.com/drugs.
- Q) I am a diabetic. Should I take my medication on the day of my procedure?**
- A) In general, diabetic medication should **not** be taken on the day of your procedure. ***There are, however, important medical circumstances in which these medications must not be stopped. If you have any questions about stopping these medications, consult your primary physician.*** A finger stick blood sugar will be obtained by the KBEC staff to ensure proper management of your blood sugar during your procedure. When the procedure is over and you have resumed a normal diet, your usual diabetic regimen should be resumed.
- Q) I have been told to take prophylactic antibiotics prior to dental work. Do I need to take antibiotics before my endoscopic procedure?**
- A) With rare exceptions, the procedures performed at KBEC do **not** require the administration of prophylactic antibiotics. If, however, you are advised by your physician to take antibiotics prior to gastrointestinal endoscopy, you may take them orally, 1 hour prior to the procedure, with a small amount of clear fluid. If you are uncertain if you require anti-biotics prior to your GI Endoscopy procedure or if you need a prescription, please call your doctor prior to your appointment.
- Q) I take aspirin, or anticoagulants or other blood thinners. Do I need to stop these medications before my procedure?**
- A) In general, aspirin, anticoagulants and other blood thinners should be stopped at least 3 days prior to your procedure. This is to reduce the chance of bleeding if biopsies are obtained or polyps are removed. ***There are, however, important medical circumstances in which these medications must not be stopped. If you have any questions about stopping these medications, consult your primary physician.***

FAQ's (continued): Special Medical Considerations

- Q) What if I am pregnant or may be pregnant – should I undergo gastrointestinal endoscopy?**
- A) If you are pregnant, you should consult with your physician about whether you should undergo gastrointestinal endoscopy. If you are a woman of child-bearing age, KBEC will administer a pregnancy test prior to your procedure in order to optimize your management.
- Q) I am breast feeding my baby. Is the procedure safe for my baby?**
- A) In general, women who are breast feeding may safely undergo gastrointestinal endoscopy – the administered anesthetic is not excreted in significant quantities in breast milk. Some mothers elect to store milk via a breast pump and feed the child with the pumped milk on the day of the procedure. Normal breast feeding may resume the following day.