



SKYLINE HOSPITAL SURGICAL SERVICES PRE-OPERATIVE INFORMATION SHEET

Below are specific instructions to help guide you through your appointment.

SCHEDULING

Skyline Hospital will be calling you to schedule your procedure. Occasionally the referral process requires a prior authorization from your insurance which may delay scheduling until approved by your insurance. You can expect to arrive between 6:30 a.m. and 12:30 p.m on the day of the procedure. One to two days prior to your procedure day, you will receive another call to review pre-operative instructions. If at any point there is an issue with your scheduled date, please contact us at 509-6372814. Please leave a message if we are unable to answer and we will return your call as soon as possible.

PRE-PROCEDURE INSTRUCTIONS

A nurse will review your chart and contact you prior to your procedure. At this time you will be given specific instructions regarding your regular medications. Please take ALL medications UNLESS otherwise instructed by the physician performing the procedure or the pre-procedural nurse.

Please refrain from drinking anything 2 hours before your arrival to the hospital. You may have sips of water the morning of your procedure with your medication(s). If you have a complicated medical history, you may be called by an anesthesia provider to review your medical information.

TRANSPORTATION

It is important to have an adult driver with you. This person will need to be available within 20-30 minutes of a phone call from the discharging nurse or in the hospital ready to take you home when discharged. Due to the medication given for the procedure, you will be unable to leave the hospital by yourself, and it will not be safe for you to drive. If a driver is unavailable on the day of the procedure, your procedure will need to be rescheduled.

We look forward to seeing you at Skyline Hospital for your upcoming procedure. If you have questions, please call 509-637-2814

Thank you for trusting us with your health care needs.

Skyline Hospital Surgical Services

Pre-Procedural Medication Instructions

Continue taking all medications as prescribed with a sip of water the morning of your procedure unless instructed otherwise below or by your doctor.

Below are instructions for some specific medications. If you have questions about which medications to take or not take, please contact your doctor or the doctor doing your procedure at 509-493-2133.

If you take blood thinners – these medications require special consideration. If you take one of these medications make sure you have clear instructions from your doctor or the doctor doing your procedure about stopping or continuing these medications:

- Warfarin (Coumadin) - Most people take warfarin for a history of atrial fibrillation or a prior blood clot and can safely stop warfarin for 5 days prior to their procedure. If you take warfarin for a mechanical heart valve or have a history of stroke you need to find out from your physician what to do. Don't just stop it. If in doubt, please ask your doctor.
- Xarelto (Rivaroxaban), Eliquis (Apixaban), Savaysa (Edoxaban), or Pradaxa (Dabigatran) - These can generally be stopped 24 hours prior to your procedure. If in doubt, please ask your doctor.
- Plavix – Please ask your doctor.
- Aspirin- Please continue taking as prescribed.

If you are diabetic:

- Do not take any diabetes pills the day of surgery
- Do not take any Insulin the day of your procedure.
- Take one-half of your long-acting Insulin the night before your procedure

If you have high blood pressure or heart problems:

- Take all blood pressure and heart rate medications the morning of your procedure

If you take supplements:

- Do not take Valerian Root, Garlic, Ginger, or Ginkgo Biloba for one week prior to your procedure. These supplements can interfere with your sedation and cause bleeding.
- Do not take Iron pills for one week prior to your procedure

Do not take any recreational drugs, including MARIJUANA, for 24 hours prior to your procedure. These drugs can interfere with your sedation.

*****IF YOU HAVE ANY QUESTIONS ABOUT WHICH MEDICATIONS YOU SHOULD OR SHOULD NOT TAKE, PLEASE CONTACT THE DOCTOR DOING YOUR PROCEDURE AT 509-493-2133 OR CALL SKYLINE HOSPITAL SURGICAL SERVICES AT 509-637-2814.**

EGD Information Sheet

How to prepare for an EGD:

You may not have anything to eat after midnight the night prior to your EGD. You may continue to drink water (only water) until two hours prior to your arrival time. After that point in time you may not have anything to drink. You will need to stay that way until after your procedure. You will arrive without anything in your stomach which makes it possible for us to visualize your stomach and makes the procedure safer for you. (If you are also having a colonoscopy please follow the instructions for the colonoscopy)

What is an EGD?

EGD stands for esophago-gastro-duodenoscopy. It allows a doctor to look directly at the lining of your esophagus, stomach, and the first part of your small intestine.

How is the EGD done?

During an EGD, a flexible tube (endoscope or gastroscope) connected to a special video camera is inserted into the mouth and advanced into your stomach. As it is slowly withdrawn, the physician will carefully look at the lining of your stomach and esophagus. The examination takes 10 to 15 minutes. You may be in the procedure room for a total of approximately 30 to 45 minutes.

Is it uncomfortable?

There is usually no pain with this test. You will gargle a local anesthetic before the tube is inserted into your mouth. This helps to numb your gag reflex. You will be given sedation before the test to keep you comfortable. The sedation will usually cause you to not remember anything during the test. You cannot drive yourself home after sedation and will need someone to drive you home.

Do I have to do anything special after the test?

You cannot eat or drink for 1 hour after gargling the local anesthetic. The numb sensation in the back of your throat will usually wear off about 30 minutes after the procedure. You may not drive or drink alcohol for the rest of the day. You may begin taking your regular medications 1 hour after arriving home.

When will I know the results of the test?

The doctor who performed the test will be able to tell you and whomever came with you what he or she saw after the test is finished. However, you probably won't remember because of the medications you will be given. The doctor performing the procedure will want you to make an appointment with your primary care doctor so you can discuss the results. If any biopsies are taken, it will take 5 to 7 days to get the results. Please call your doctor if you have not received your EGD results within 10 days.

Surgery: Understanding Your Billing

In preparation for your surgery, we want you to understand how you will be billed for the services you receive. The success of your surgery depends on a team effort by many dedicated professionals at Skyline Hospital.

Skyline Hospital will submit the bill to your insurance carrier and will assist if problems arise. You may be required to supply pertinent billing information that the insurer may request. Example: coordination of benefits forms, accident forms, etc.

Depending on your specific surgery or procedure, you will receive at least two separate bills and possibly more. We do realize that multiple bills can be confusing, so please do not hesitate to call our office for assistance at 509-493-1101. Our billing staff will do their best to assist you with questions.

Physician's Bill

A physician services fee will be billed to your insurance.

Facility Bill

A facility bill will be issued by Skyline Hospital to your insurance. This bill includes staff, supplies, and equipment used for services provided by the facility.

Anesthetist's Bill

An anesthetist services fee will be billed to your insurance as they provide the anesthesia you receive during your surgery/procedure.

Other Bills

Depending on factors relating to your surgery, you may receive other services for which you will be billed separately. These bills will be sent to you by the facility or entity performing those services. These additional bills may include, but are not limited to:

Pathology/Lab Bill

This bill may include charges for biopsies, etc.

Understanding your insurance

We recommend that you contact your insurance company to make sure that these providers and facilities are preferred providers under your individual insurance plan. Most commercial insurances plans have deductibles and co-pays that you need to understand as they will be billed to you afterwards.

Skyline Hospital will make every effort to help you resolve your insurance claims, please give us a call at 509-493-1101 with any questions.