MENLO MEDICAL CLINIC
Affiliated with Stanford Hospital & Clinics

Gastroenterology
Phone: 650-736-5771
Fax: 650-327-2868
www.menloclinic.com

PREPARATION FOR UPPER ENDOSCOPY

PATIENT:_____ ARRIVAL TIME: _____

DATE: _____ PROCEDURE TIME:_____

BLOOD THINNING MEDICATIONS

STOP 5 DAYS PRIOR:	**STOP 2 DAYS PRIOR:**	
1. PLAVIX (COPIDOGREL)	1. XARELTO (RIVAROXABAN)	COUMADIN (WARFARIN): Instructions to be given by GI office
2. EFFIENT (PRASUGREL)	2. ELIQUIS (APIXABAN)	
3. TICLID (TICLOPIDINE)	3. PRADAXA (DABIGATRAN)	

- Ok to continue taking Aspirin (81 or 325 mg) or NSAIDs (Ibuprofen, Naproxen, Advil, Aleve, Motrin)

ONE DAY BEFORE YOUR PROCEDURE

- You may have a regular diet
- Continue your regular medications
- If you take long acting Insulin (Lantus): Take ½ usual dose

TO INSURE A CLEAR VIEW, YOUR STOMACH MUST BE EMPTY. PLEASE FOLLOW THESE INSTRUCTIONS:

- ***After midnight the night prior to the exam***, it is important that you ***have nothing solid to eat*** until the exam is completed. You may continue to have clear liquids up until **3 hours** before the procedure time.
- (***Clear liquids*** include all of the following that are ***not colored red or purple:*** clear fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or nondairy creamer), Gatorade, carbonated and non-carbonated soft drinks, jello and popsicles).

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3 HOURS BEFORE YOUR PROCEDURE TIME

- **NO EATING/DRINKING/CHEWING GUM/SUCKING ON HARD CANDY**
- **NOTHING BY MOUTH NOT EVEN WATER**

WAVERLEY SURGERY CENTER

Your procedure will be performed at an outpatient surgery center:

- Waverley Surgery Center 400 Forest Avenue, Palo Alto, CA 94301.
  Phone: (650) 324-0600 Fax: (650) 289-1620. https://waverleysurgery.com/
- **PLEASE ARRIVE 1 HOUR BEFORE YOUR SCHEDULED PROCEDURE TIME.** This time is allotted for check-in, review of medical history and placement of IV
- Your entire stay will be between 2-4 hours

You will need to have a ride home from the surgery center. This person should be known to you and by law has to be 18 years old. Taxis, trains, Ride sharing services (UBER/LYFT) are acceptable only if you are accompanied by an adult who you know. You cannot leave by yourself or drive yourself unless you choose to have NO MEDICATIONS FOR THE PROCEDURE.

What to expect upon arrival for your procedure

- Prior to the procedure, a nurse will ask you questions to ensure that you understand the procedure and the reason for it and to ensure that you prepared properly for it. Drs. Kwan, Mein or Nguyen will also review the procedure with you.
- The nurse will start an intravenous line to administer medications. The intravenous line is similar to having blood drawn. Your vital signs (blood pressure, heart rate, oxygen saturation) will be monitored closely before, during and after the procedure.
- The upper endoscopy will be performed while you are lying on your left side. An anesthesiologist will be present to administer a medication called PROPOFOL to induce sedation. Propofol is a very quick acting medication that wears off very quickly. Patients report a more comfortable experience with PROPOFOL sedation with less discomfort during the procedure and less nausea after the procedure.

After the procedure

- As soon as the tube is removed, you may "burp" the air which has been placed into your stomach during the exam. You will be observed for 30 minutes until you adequately recover from the effects for the medication. You will be allowed to eat your regular diet after the exam is finished. ***There should be no driving after the exam until the next morning***.
- Rest for the remainder of the day for your health and safety.

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- Do not participate in any activities which require coordination or judgment. You may return to regular activities the day after the procedure.
- At the conclusion of your procedure, you will receive specific information about findings, post-procedure instructions and precautions

FINANCIAL AND COST INFORMATION

1. There are multiple potential costs associated with endoscopy procedure
    - Professional Fee: This is the doctor's fee for performing an upper endoscopy. This amount can vary depending on if biopsies/polyps are removed.
    - Facility Fee: This is the cost of having a procedure at a hospital or surgery center. Depending on your insurance, you may be subject to a co-insurance/co-pay.
    - Pathology Fee: If biopsies are performed or polyps are removed, they are sent to Stanford for analysis and there are fees associated with processing and analyzing the specimens.
    - Anesthesiologist Fee: Medical Anesthesia Consultants (MAC) bills anesthesia independently of the endoscopy center where you are having your procedure. If you should have any billing related questions before your procedure, please call MAC's billing office at (866) 678-4320 or mac@physicianofficepartners.com. MAC is contracted with most insurance companies throughout the Bay Area, but if you would like to speak with someone directly, please call the above number.
2. If you wish to obtain a rough estimate of financial responsibility, you will need to contact your insurance company and provide them with the following information:
    - Diagnostic upper endoscopy with biopsies CPT 43239
    - Waverley surgery center
3. BILLING CONTACT
    - Menlo clinic/Stanford Health care: 1-888-924-1036
    - Waverley Surgery Center: 650-324-0600
    - Medical Anesthesia Consultants: (866) 678-4320