



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 509-637-2814, 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'll 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 eating or drinking at least 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 will need to be available to pick you up 20-30 minutes after receiving the call from the discharge nurse or be available within the hospital. 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. You may have clear liquids up until 2 hours before your arrival to the hospital.

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 Gingko 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

What is an EGD?

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

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 may experience a full feeling. You will be given a sedative prior to the examination. A local anesthetic is sprayed into your throat before the tube is inserted into your mouth. This will numb your gag reflex. Once the tube is in the back of your throat, the doctor will ask you to swallow. This helps to guide the tube into the esophagus. You may feel this tube in the back of your throat. You will be able to swallow and breathe comfortably throughout the test.

Are medications given?

Yes. You will be given sedation before the test to keep you comfortable. Some medications are given by mouth, and some are given IV. The sedative medications you receive will usually cause you to not remember anything during the test. Because you will be given medications, you will need someone to drive you home from the test.

Do I need to do anything before the test?

Please read this instruction sheet prior to the test. You may have clear liquids up to two (2) hours prior to your arrival at the hospital. If you are also having a colonoscopy, you should take your bowel prep according to the instructions given.

Do I have to do anything special after the test?

You may eat 1 hour after the test. The numb sensation in the back of your throat will usually wear off about 30 minutes after the procedure. Most people are ready to go home about 1 hour after the test is completed. 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. He will want you to make an appointment with your usual doctor so you can discuss the results. If any biopsies are taken, it will take 5 to 7 days to get the results. If you do not hear from your doctor's office within 10 days after the test, call.

Are there risks I should know about?

EGD is extremely safe, but there is a low chance of problems occurring. These include, but are not limited to, a reaction to the sedative medication, bleeding from a biopsy, or creating a hole in the stomach or esophagus. After the procedure, call immediately if you develop any of the following: dizziness, chest pain, painful or difficulty swallowing, "coffee ground" vomit, black or bloody stools, or a temperature over 100 degrees.

Clear liquid diet

Definition

A clear liquid diet consists of clear liquids, such as water, broth and plain gelatin, that are easily digested and leave no undigested residue in your intestinal tract.

Purpose

A clear liquid diet is often used before tests, procedures or surgeries that require an empty stomach or intestines, such as before colonoscopy.

Diet details

A clear liquid diet helps maintain adequate hydration, provides some important electrolytes, such as sodium and potassium, and gives some energy.

- The following foods are allowed in a clear liquid diet:
- Plain water
- Fruit juices without pulp, such as apple juice, white grape juice or cranberry juice
- Strained lemonade or fruit punch
- Broth (bouillon or consommé)
- Clear sodas or sports drinks
- Plain gelatin
- Honey
- Ice pops without bits of fruit or fruit pulp
- Tea or coffee with no cream

Any foods not on the above list should be avoided. You should also avoid liquids with red or purple coloring. A typical menu on the clear liquid diet may look like this.

Breakfast:

One glass fruit juice
One glass water
One cup broth
One bowl gelatin

Snack:

One cup coffee or tea (without cream)
One bowl gelatin

Lunch:

One glass fruit juice
One glass water
One cup broth
One bowl gelatin

Snack:

One ice pop (without fruit pulp)
One cup coffee or tea (without cream) or soft drink

Dinner:

One cup juice or water
One cup broth
One bowl gelatin
One cup coffee or tea

Though the clear liquid diet may not be very exciting, it does fulfill its purpose. It's designed to keep your stomach and intestines clear, limit strain to your digestive system, or keep your body hydrated as you recover from a medical procedure or become ready for your regular diet. ***If your doctor prescribes a clear liquid diet before a medical test, be sure to follow the diet instructions exactly. If you don't follow the diet, you risk an inaccurate test and may have to reschedule the procedure for another time.***