

Francisco Aguilo-Seara, MD., LLC: Upper Endoscopy

PROCEDURE APPOINTMENT

- Your procedure will be performed at Space Coast Endoscopy Center. This is an outpatient state-of-the-art endoscopy facility that has staff trained to assist you in completing your procedure as comfortably as possible.
- *Arrival time for your procedure is provided by Space Coast Endoscopy Center. You will receive a call ~4 days prior to your procedure. You will need a ride to and from the procedure due to anesthesia- the medications given will require that you do not drive or handle any potentially dangerous equipment until the day after your procedure.*
- Follow any instructions given to you by Space Coast Endoscopy Center and be sure to bring all paperwork with you the day of your test. Their phone number is (321) 504-4440.

CANCELLATIONS

- If you need to cancel or reschedule your appointment, you must do so at least 48 hours prior to the procedure. For no-shows or cancellations within the 48 hour window, a \$75 fee will apply.

DIABETICS

- Stop taking Mounjaro/Ozempic 7 days prior to your procedure.
- Do not take any oral diabetic medications the morning of your procedure. You may bring them to the endoscopy center and they will allow you to take your medicine after your test. If you are on insulin, please call the doctor who manages your insulin and ask them what they would recommend prior to beginning your prep.
- Regarding the clear liquid diet, you can use sugar-free drinks to avoid increases in blood sugar. Monitor and control your blood sugar closely during your prep to prevent low or high blood sugar. Call your primary care doctor if you need help managing your blood sugar.

BLOOD-THINNING MEDICATIONS

- **Please stop taking any Aspirin, Eliquis, Plavix, Coumadin, Vitamin E, or any other blood thinning medication ___ days prior to your test.** These medications may make the risk of bleeding higher if any biopsies are needed. Please discuss this with the prescribing doctor before stopping these medications to be sure that he/she is aware and in agreement with this recommendation. Your doctor may call Dr. Seara if they have any concerns with you discontinuing any of these medications for a short period of time. You may take Tylenol if necessary for a headache or mild discomfort, prior to your test. It does not alter your bleeding in any way. It is possible that, depending on your medical history, Dr. Seara could recommend that you continue to take your blood thinning medicine.

PREPARATION

- You will need to have nothing to eat after you go to bed the night before your EGD. In the morning you may have clear liquids, up until 4 hours before the time you are asked to arrive at Space Coast Endoscopy Center. Clear liquids are anything you can see through. This includes water, tea and coffee (without any dairy added), apple juice, Gatorade, clear sodas, and lemonade.
- 4-5 hours before your test., take your heart, blood pressure, seizure, and anti-anxiety medications with a sip of water.
- Starting four hours before the test, do not have anything else by mouth (no water, no gum, nothing at all) until after your procedure.

ABOUT YOUR PROCEDURE

- An endoscopy is a visual examination of the upper gastrointestinal tract using a very narrow flexible tube that has a light and a camera at the tip. With this instrument Dr. Seara will be able to examine the inside of your esophagus, stomach, and duodenum, to diagnose abnormalities such as gastritis, esophagitis, ulcers, cancers, and pre-cancerous lesions, take biopsies, and treat some bleeding disorders. Complications are rare, but can occur. Some may include bleeding, perforation, aspiration (liquid going into your lungs), diagnostic error, and side effects of the medications you will be given.

AFTER YOUR PROCEDURE

You can expect to feel a bit sleepy following your EGD. Be sure to make arrangements for someone to drive you to and from your test. The medications you will be given will require that you do not drive or handle any potentially dangerous equipment until the day following your procedure. You may also find that you have a sore throat for 1-2 days following your EGD. This is normal, as the scope may slightly irritate your throat, as it passes through.

Dr. Seara will discuss your upper endoscopy with you after he completes your exam and you have woken up. You may also have a follow-up appointment in the office to review your EGD results with Dr. Seara.

BILLING/FINANCIAL INFORMATION FOR PROCEDURES

As a Gastroenterology Practice, we believe it is important for each patient to understand as much about having a colonoscopy and/or upper endoscopy as possible, before undergoing the test. Part of having a procedure performed is the financial responsibility that goes along with it. We would ask that you take a moment and read the information below.

If you undergo a colonoscopy and/or upper endoscopy, you could potentially receive a bill from four providers:

1. Dr. Seara as the gastroenterology professional
2. The facility where you have the test done - Space Coast Endoscopy Center or Rockledge Medical Center
3. The anesthesia care provider - the professional who sedates you for the test
4. The pathology services company - pathology services will only apply if a biopsy is taken

It is important to understand that in medical language there are two different types of procedures that apply to colonoscopies. One type of colonoscopy is a "routine or screening colonoscopy." The other is a "diagnostic colonoscopy." **It is important that you understand the difference between the two and that you ask your insurance company how they pay for each, according to your particular plan.** A "routine or screening" colonoscopy is one where you are having the procedure done simply because you are of the determined age (usually 50 years or older) and it is time for colon cancer screening. It is also considered a routine colonoscopy if you have a history of polyps, a personal history of colon cancer, or a family history of colon cancer, and you are not having any colon symptoms that are the deciding reason for the colonoscopy; however, please be aware that some insurance companies' guidelines do not consider these to be screening, but rather 'surveillance,' and will pay as they would for a diagnostic procedure. A "diagnostic" colonoscopy is a procedure being ordered because you have a symptom that is the reason for the test. An example of this could be anemia, abdominal pain, blood in your stool, or a change in bowel habits. You could be seen in the office for a "routine or screening" colonoscopy, and during the procedure if Dr. Seara finds a polyp or any other significant finding, the type of colonoscopy then becomes "diagnostic." That may change your insurance company's determination for the procedure and it may change what you are responsible to pay. **Medical coding is done based on medical history and findings and cannot be changed.**

For this reason we highly suggest that you ask your insurance company how they pay for each type of colonoscopy before you have your procedure. It is also important to ask how often your policy covers a "routine or screening" colonoscopy. It can vary from one plan to another.

Our office will do our best to help you determine your cost to Dr. Seara, prior to having your test done. You may receive a call from someone on our staff and be asked to pay a deposit before your procedure is performed. This means a review of your deductible and coinsurance was done and a portion of Dr. Seara's fee will be your financial responsibility. It is important that you understand your insurance company may change the amount you owe, after the test has been done, and in this case you will receive a refund or an invoice for the additional amount. The cost of your procedure is fully determined by your insurance company. We hope this helps to clarify any questions you may have regarding the potential financial responsibility you may have related to your procedure.

Costs for the facility and/or anesthesia are managed by separate organizations- please see the enclosed sheet for a breakdown of each billing provider, as well as contact information for them if needed.