



Midwest Gastrointestinal Associates PC

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Upper Endoscopy Preparation (EGD)

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM.

Your procedure is schedule on _____ with Dr. _____ at _____ . Please arrive at _____ .

1. You must have a driver to take you home. Ideally it is preferred that you have someone drive you to the facility, WAIT while you have your procedure, and then accept responsibility for your dismissal upon leaving the facility. During the check in process you will be expected to validate your responsible driver in the event your driver is not present at check in. If this validation process cannot occur, your procedure will be canceled.

PUBLIC TRANSPORTATION IS NOT AN ACCEPTABLE FORM OF TRANSPORTATION FOLLOWING YOUR PROCEDURE UNLESS ACCOMPANIED BY A RESPONSIBLE ADULT WHO HAS A VALID DRIVER'S LICENSE.

2. NO ALCOHOL OR RECREATIONAL DRUG USE.
3. No food or drink after midnight. You may take your medications with a few sips of water before 6am.
4. Please bring a list of your medications, insurance cards and photo ID.
5. You will receive intravenous sedation to facilitate your procedure. You will not be able to drive, operate machinery, make important decisions or return to work the rest of the day.
6. If you are of child-bearing age and 1) are sexually active and history suggests possible pregnancy, e.g. menstruation, or 2) are concerned about possible pregnancy or 3) the possibility of pregnancy is uncertain; please contact our office for us to arrange a pregnancy test via blood draw prior to your procedure or your procedure could be delayed or rescheduled. If you prefer to refrain from prescribed testing, you will be required to sign a pregnancy waiver the day of the procedure confirming you could not be pregnant.

FREQUENTLY ASKED QUESTIONS

Does my driver have to stay with me during the procedure?

If your driver does not wish to remain in the lobby, a contact number can be given to the nursing staff. These arrangements must be made during the check-in process or your procedure will be canceled. Typically, the driver can return two hours after they drop you off or they can be called prior to your dismissal time. Public transportation can only be used if you are also accompanied by a responsible adult who has a valid driver's license.

Can I eat after my procedure?

Usually you may resume your normal diet unless otherwise instructed.

Will I be asleep for my procedure?

In the procedure room an anesthesia provider will position you comfortably and give you medications through an IV, known as MAC anesthesia, to cause relaxation and sedation. This will cause you to fall asleep but you can breathe on your own and will wake up quickly. Based on your individual procedure and medical history you and your GI physician may determine to use an anesthetic known as moderate sedation (twilight sedation) or even no sedation at all, as appropriate.

WHAT TO BRING TO YOUR PROCEDURE

- Completed forms from Midwest Endoscopy Services, Lakeside Endoscopy Center or Methodist Endoscopy Center ONLY if your procedure is at one of those locations.
- The first and last name of all doctors you want to receive a copy of your procedure report.
- You must have a driver to take you home. Ideally it is preferred that you have someone drive you to the facility, WAIT while you have your procedure, and then accept responsibility for your dismissal upon leaving the facility. During the check in process you will be expected to validate your responsible driver in the event your driver is not present at check in. If this validation process cannot occur, your procedure will be canceled. PUBLIC TRANSPORTATION IS NOT AN ACCEPTABLE FORM OF TRANSPORTATION FOLLOWING YOUR PROCEDURE UNLESS ACCOMPANIED BY A RESPONSIBLE ADULT WHO HAS A VALID DRIVER'S LICENSE. If you are scheduled at a hospital, please know individual hospital policies may require you to have a responsible party stay with you for twenty-four hours.
- Your insurance card and photo ID.

WHAT TO WEAR TO YOUR PROCEDURE

- Wear comfortable, loose fitting clothing. Wear flat shoes or tennis shoes. Please leave jewelry and valuables at home.

If you have any questions, please contact our office at 402-397-7057.

JOIN MGI PATIENT PORTAL

The Patient Portal is a secure, confidential website that provides easy communication with Midwest Gastrointestinal Associates, PC.

Sign-Up Today

You can sign-up and register for the Patient Portal by contacting our practice and providing your name and email address. In turn, we will email you an invitation to access the portal through a

web link. Once you receive your email, click the link within the email and you will be directed to the Patient Portal, which will allow you to create a private username and password.

Patient Portal Access Instructions:

- From your email web link, you will be directed to the Patient Portal registration page. Enter your Last Name, Zip Code and Date of Birth in the designated fields to verify creation of your account.
- Check the Agree to Consent box and select Continue.
- The system will create a unique Username for you. Enter your desired password and re-enter to verify accuracy. Select Complete Sign-Up.
- Once you have created your User Information, you will be directed to your Homepage of the Patient Portal. You may begin accessing your information through the appropriate tab selection.