

Instructions for Your EGD AND SIGMOIDOSCOPY

Please read these instructions one week prior to your procedure.

What is an EGD?

An EGD (Esophagogastroduodenoscopy or Upper GI Endoscopy) is performed to evaluate symptoms of persistent upper abdominal pain, nausea, vomiting or difficulty swallowing. It is also used to find the cause of bleeding from the upper GI tract and offer possible treatment.

What is a Sigmoidoscopy?

Flexible sigmoidoscopy is a diagnostic procedure used to screen for abnormalities in the sigmoid colon. This procedure examines the sigmoid colon (the lower third of the colon) using a lighted flexible scope that is inserted into the anus and advanced to the splenic flexure. It is possible to take biopsies during this procedure.

When should I arrive and how long will the procedure take?

Please arrive at the GI Lab 30 minutes prior to the procedure, so that nursing, anesthesia (if applicable) and the physician can evaluate you and prepare you for your procedure. Plan to spend approximately 1 ½-2 hours at the GI Lab.

Please note:

The time your procedure is scheduled is our best estimation as to when your procedure will begin. Circumstances may arise, i.e., emergencies, that may change the scheduled time. We will do our best to notify you as to any changes in the schedule.

GI Lab Locations

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|---|-----------------------|-----------------------|-------------------------|----------------|
| Evanston Hospital | 2650 Ridge Ave. | Room 1134 | Evanston, IL 60201 | (847) 570-2236 |
| Glenbrook Hospital | 2100 Pfingsten Road | 1 st Floor | Glenview, IL 60026 | (847) 657-5780 |
| Highland Park Hospital | 777 Park Ave West | B345 | Highland Park, IL 60035 | (847) 480-2828 |
| Highland Park Medical Group Gastroenterology | 1777 Green Bay Road | Suite 201 | Highland Park, IL | (847) 681-4229 |
| Skokie Hospital | 9600 Gross Point Road | 1 st Floor | Skokie, IL 60076 | (847) 933-6565 |
| Vernon Hills Specialty Suites | 225 N. Milwaukee Ave. | 1 st Floor | Vernon Hills, IL 60061 | (847) 941-7660 |

What should I do if I am a diabetic?

Please ask your primary care physician (PCP) to instruct you regarding taking your diabetes medications prior to your Sigmoidoscopy.

What should I do if I am on blood thinners or have a cardiac stent?

If you have a cardiac stent OR you are on a medication such as Coumadin, Plavix, Ticlid, Lovenox, Pradaxa, Xarelto or any other blood thinner, please contact your prescribing physician to determine whether you should discontinue this medication prior to the procedure. Notify our office if you are advised not to stop one or more of these medications. It is OK to continue aspirin or other NSAIDs (Advil, Aleve, Ibuprofen, etc) prior to your procedure.

What should I do if I have a heart defibrillator or pacemaker?

Your device must be checked within 6 months of your scheduled procedure. If it has not been checked at a NorthShore facility, please bring documentation on the day of your procedure confirming that it has been checked at another facility.

If you have a defibrillator or pacemaker, please contact the GI Lab prior to your scheduled procedure.

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| Glenbrook | (847) 657-5780 |
| Evanston | (847) 570-2236 |
| Highland Park | (847) 480-2828 |
| Skokie | (847) 933-6565 |

❖ Several days prior to the procedure:

- Purchase two fleets enemas in any drug store or pharmacy without a prescription.
- Check with your insurance company to see if you need to be pre-certified before the procedure or if you need to get a referral from your primary care physician.

❖ One day before Your Procedure

- Do not eat or drink after midnight the day before your procedure.

❖ On the Day of Your Procedure:

- Take 1st fleets enema 2 hours before you are to arrive at the GI Lab.
- Take 2nd fleets enema 1 hour before you are to arrive at the GI Lab. You should lie on your left side when giving yourself the enema. To get best results, try to hold it in for as long as possible (i.e. 5 minutes)

Special Instructions:

1. It is **essential** that someone be available to accompany you home in a timely manner after your procedure; typically this is 2-3 hours after your procedure start time. If you plan to take public transportation, including taxi, train, Uber, and Lyft you will need to arrange for an adult to accompany you.
2. Sedation is used during the procedure and it will be unsafe for you to drive or operate any machinery for the remainder of the day.



3. If you wear contact lens please **do not** wear them the day of your procedure. Please bring your glasses.
4. You will not be able to return to work the day of the procedure.
5. You should not make any important decisions for the remainder of the day.
6. If you need to talk with a nurse, or cancel a procedure, please contact our Main Office at (847) 657-1900. If you must cancel your procedure, please notify our office at least one week prior to your scheduled procedure date.