

Northern New Mexico Gastroenterology Associates, PA

EGD/BRAVO pH Monitoring Study

By scheduling this procedure, you have reserved the procedure room, the staff and the physician. If you need to cancel your appointment, please call 505-983-5631 X-5 or 505-913-5368 to cancel your appointment at least 3 business days prior to the appointment.

Billing Notice: You will receive multiple billings for services rendered associated with your procedure. The service categories are as follows:

- Physician Fee: Northern New Mexico Gastroenterology Associates.
- Facility Fee: Christus St. Vincent Regional Medical Center.
- Pathology Fee: Santa Fe Pathology
- Anesthesia Fee: @ Christus St. Vincent Regional Medical Center Only.

If you have questions about your benefits & coverage, please contact your insurance carrier.

PREPARATION INSTRUCTIONS:

DUE TO SEDATION YOU MUST HAVE A DRIVER WHO REMAINS IN THE BUILDING UNTIL THE PROCEDURE IS COMPLETED. If your DRIVER leaves, your procedure will be cancelled. Public transportation is not acceptable unless accompanied by a responsible adult.

7 DAYS PRIOR TO PROCEDURE:

- Your provider will indicate whether you should remain or stay on PPI, H2 Blockers or take Antacids. This will be indicated on the physician's order.
- If your provider tells you to **STOP** taking your PPI, H2 blockers or Antacids, please stop 7 days in advance of procedure.

5 DAYS PRIOR TO PROCEDURE:

- Review your appointment sheet for location of procedure. Become familiar with your location and instructions.

THE DAY OF YOUR PROCEDURE:

- **NO SOLIDS** foods after midnight (the day of your procedure).
- On the day of your procedure, you may have clear liquids up until 4 hours before your procedure.
- **DO NOT** have anything by mouth 4 hours prior to your procedure.

ABOUT YOUR EGD / BRAVO PH MONITORING STUDY:

An EGD Bravo pH test or monitoring study is an examination of the esophagus, stomach, and duodenum.

This procedure is done on an out-patient basis in the G.I. lab by the doctor. It is a short procedure generally taking 30 minutes. A flexible fiberoptic gastroscope is passed through the mouth and down into the small intestine which enables the doctor to observe the gastrointestinal lining. The design of the gastroscope allows the doctor to take small tissue samples (biopsies), to photograph any abnormal findings, or to remove polyps, growths, or foreign bodies from the esophagus or stomach. All these maneuvers are painless.

During this procedure, your physician will place a pH capsule, approximately the size of a gelcap, in your esophagus. Throughout the test period, the Bravo pH capsule measures the pH in the esophagus and transmits this information to a small receiver worn on your belt or waistband just like a pager or mobile phone.

It will be necessary to sign a consent form for the examination. If you have any questions about the consent form or the procedure, please ask your doctor or nurse.

You will keep a diary after the monitor is placed. It is very important that you record events related to possible reflux by using the buttons on the receiver. You must also record mealtimes as well as anytime you lay down in a bed or recliner. This information will be reviewed with you on the day of your procedure.

MEDICATIONS:

In general, you should take any essential prescription medications on the day of your procedure.

- **DIABETICS: DO NOT** take Oral Hypoglycemic medications on day of procedure.
- Insulin patients: Take ½ the dose of your medication the night before and check your sugar levels.
- **DO NOT** take Blood Pressure Medication as prescribed.
- If you are on Blood Thinners and having a Dilatation (trouble swallowing) along with your Upper Endoscopy, you must stop 3-5 days in advance. Before altering or stopping any Blood Thinners, please discuss these instructions with your prescribing provider.
- For more information about our providers & instructions go to: www.nnmgastro.com

SIGN UP FOR NNMGA PATIENT PORTAL.

You can request appointments, check your results, send your physician a message & update your medical record. For access call 505-983-5631 X 117

Your procedure is scheduled at:



Address: Digestive Health Center

455 St. Michael's Dr. (1st Floor)

Santa Fe, NM 87505

If you have questions about preparing for this procedure, please call: 505-913-5368

- Arrive 60 minutes early to your scheduled appointment with your DRIVER.
- Please report to the Hospital Registration Department located on the 1st floor in order to register for Digestive Health Center.

Northern New Mexico Gastroenterology Associates, PA

Flexible Sigmoidoscopy

By scheduling this procedure, you have reserved the procedure room, the staff and the physician. If you need to cancel your appointment, please call 505-983-5631 Option #5 to cancel your appointment at least 3 business days prior to the appointment. If you fail to cancel your appointment within the allotted time frame you will be charged a \$100 fee that is not covered by your insurance.

Billing Notice:

You will receive multiple billings for services rendered associated with your procedure. The service categories are as follows:

1. Physician Fee: Northern New Mexico Gastroenterology Associates.
2. Facility Fee & Anesthesia Fee: The Endoscopy Center of Santa Fe
3. Pathology Fee: Santa Fe Pathology

If you have questions about your benefits & coverage, please contact your insurance carrier.

Sign Up for NNMGA Patient Portal.

You can request appointments, check your results, send your physician a message & update your medical record. For access call 505-983-5631 X-306

What is a Flexible Sigmoidoscopy?

A Flexible Sigmoidoscopy is a routine outpatient procedure in which the inner lining of the lower large intestine is examined. **Sedation is not required for this procedure.** Flexible sigmoidoscopy is commonly used to evaluate gastrointestinal symptoms, such as abdominal pain, rectal bleeding, or changes in bowel habits. They are also performed to screen people over age 50 for colon and rectal cancer. This procedure is most typically performed without sedation. During the procedure, a doctor uses a sigmoidoscope, a long, flexible tubular instrument about ½ inch in diameter, to view the lining of the rectum and the lower third of the colon (the sigmoid colon). The sigmoidoscope is inserted through the rectum and advanced through the large intestine. If necessary, small amounts of tissue can be removed for lab analysis (called a biopsy) and polyps can be identified and sometimes removed.

PREPARATION INSTRUCTIONS:

Please read all the instructions ahead of time so you can be adequately prepared for this procedure

SUPPLIES TO PURCHASE:

Two 4 1/2-ounce bottles of SALINE FLEET ENEMAS. (with nothing added)

NO SOLID FOODS AFTER MIDNIGHT the day of your procedure. You may have clear liquids, stopping 2 hours before your ARRIVAL TIME.

You may have clear liquids from the following list:

Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, iced coffee iced tea, (no cream, milk, soy, rice, or additives may be used), water, Jello-O, and popsicles. ***NONE OF THESE MAY BE RED, BLUE, OR PURPLE***

Give yourself the first Fleet Enema – 2 hours prior to your arrival time.

Give yourself the second Fleet Enema – 1 hour prior to your arrival time.

Retain each of the enemas for 2 to 5 minutes before expelling.

REMEMBER: NOTHING TO DRINK 2 HOURS BEFORE YOUR ARRIVAL TIME

For more information about our providers, overview of your procedure & instructions go to: www.nnmgastro.com

Your procedure is scheduled at:

The Endoscopy Center of Santa Fe
1630 Hospital Drive Suite A
Santa Fe, NM 87505

If you have questions about preparing for this procedure, please call:

505-988-3373

Website: www.endocentersantafe.com

- Arrive 45 minutes early to your scheduled appointment with your DRIVER.

****DISCLOSURE OF OWNERSHIP NOTICE:*** The physicians who perform procedures/services at The Endoscopy Center of Santa Fe may have an ownership interest in this center. The patient has the option to be treated at another facility. By appearing for your appointment, you are confirming that you wish to have your procedure/services performed at the Endoscopy Center of Santa Fe.