



Endoscopy Education Packet

Date of Procedure: _____

Arrival Time: _____

Please arrive at designated time for procedure!

If you don't feel well, or currently have or are getting over a cold/flu/upper respiratory infection and have symptoms such as congestion, cough or shortness of breath, please call to reschedule your procedure.

Driver must wait at facility during procedure

Jewelry must be removed before arrival (i.e., piercings)

No Food/Drink (see packet for details)

Late cancellation/No show fees applicable

Your procedure will be performed at:

☐ **INOVA Fairfax Hospital**

3300 Gallows Road
Falls Church, VA, 22003
703-776-4001

☐ **INOVA McLean Surgery Center**

7601 Lewinsville Road, #440
McLean, VA, 22102
703-663-1440

☐ **Chantilly Endoscopy Center**

Northern Virginia Center for
Gastrointestinal Endoscopy
3914 Centerville Road, #350
Chantilly, VA, 20151
703-956-6831

☐ **Javier Endoscopy Center**

Gastroenterology Associates of
Northern Virginia
3028 Javier Road, 4th floor
Fairfax, VA, 22031
703-698-8960

☐ **INOVA Fair Oaks Hospital**

3600 Joseph Siewick Drive
Fairfax, VA, 22003
703-391-3600

☐ **INOVA Northern Virginia
Surgery Center**

3620 Joseph Siewick Drive, #202
Fairfax, VA, 22033
703-766-6960

Packet Checklist

- ✓ Before Your Procedure Checklist
- ✓ What to Expect: During & After Procedure
- ✓ Billing Breakdown

Before Your Procedure Checklist

It is important that you follow the Before Your Procedure Checklist as directed to have a successful endoscopy. Failure to do so could result in your upcoming procedure to be cancelled.

If you have any questions or issues with your procedure preparation after hours, please call our main line at **703-698-8960**.

7 Days Before Your Procedure

- ☐ Continue to take your **essential** prescription medications
- ☐ Do not stop taking your aspirin (ASA), Vitamins or NSAIDS
- ☐ Stop taking any iron supplements, ferrous sulfate or polysaccharides iron complex

If you are on antiplatelet/anticoagulant other than aspirin, please contact your prescribing doctor for specific instructions on usage before, during, and after your procedure

Day of Procedure

- ☐ Start Clear Liquid diet starting at midnight. This includes:
 - Water
 - Fruit Juices without pulp (apple, pineapple, white grape)
 - Gatorade, Soda, Kool-Aid or any clear flavored drink
 - Black Coffee (decaf/regular) or Tea
 - Clear broth or Bouillon
 - Sugar and/or Honey
 - Jell-O
 - Popsicles
 - Hard Candy
- ☐ Do not drink red, blue, purple liquids, alcohol, or milk
- ☐ **No Eating 8 hours prior to procedure, NO Liquids 4 hours prior to your procedure**
 - ☐ If applicable, take your blood pressure medication the morning of your procedure with a sip of water



If your blood pressure medication is an ACE/ARB (ex: enalapril, lisinopril, losartan, valsartan), Direct Renin Inhibitor (ex: Aliskiren) or Diuretic (ex: furosemide, HCTZ), please DO NOT take your medication on the morning of the procedure

COVID Anesthesia Update (as of Dec 2022):

- ***If you begin experiencing fever, chills, cough, shortness of breath, sore throat, new onset loss of taste or smell, and feel you may have COVID-19, please call 703-698-8960 to reschedule this procedure***
- ***If you have had a recent COVID infection, please reschedule 4 weeks after infection.***
- ***If you are still symptomatic (cough, fever, any respiratory issues) at 4 weeks.***
- ***Please reschedule until asymptomatic (no symptoms).***



What to Expect: During & After Your Procedure

On your scheduled procedure day, please bring the following with you:

- Insurance Card
- ID card
- Form of payment for deductible, if applicable
- Current medication list with dosages and directions

REMOVE ALL JEWELRY-specifically nose, mouth, lips, or tongue jewelry (any part of the air passage track) prior to arrival. If these items require a professional's help to be removed, please address it before the procedure as the facility cannot assist with this issue. If unable to, the procedure will have to be rescheduled.

Leave all valuables including jewelry at home. Gastro Health is not responsible for lost, stolen, or missing items.

Cancellation Policy

There will be a fee of \$200 that will be charged to your account if you No Show or cancel/reschedule within 7 business days prior to your scheduled procedure.

If you need to cancel, reschedule, or have any questions regarding your procedure, please contact: 703-698-8960 or send us a message via patient portal.

During Your Procedure

Front Desk

Please sign in at the front desk when you arrive. For your safety, a member of front desk will verify your identity and issue you a wristband.

Pre-Op

When it is time for your procedure, A pre-op team member will escort you to the preparation area and ask you to change into a gown. The team member will then verify your medical history, take your vital signs, as well as start your IV. You then will be greeted by the anesthesiologist who will review your history and discuss anesthesia prior to signing consents. When we are ready to proceed, you will be escorted to a procedure room where you will see your physician and the team who will be performing the procedure.



Procedure

Procedures typically last between 30 to 65 minutes, depending on your case.

After Your Procedure

Recovery

You will be closely monitored as you recover. Your physician that performed your procedure will meet you and/or your family member, to discuss preliminary findings and a plan after discharge.

Driver Rider Policy

Your driver must accompany you to your procedure and stay on the grounds until the procedure complete. Once you are ready to go home, your ride will be contacted, and you will be escorted to your car. Uber, Lyft, and taxicabs are not allowed without a responsible adult present with you. If you are unable to find a driver/ride, you may utilize a medical driving service company listed below (ask about rate when calling):

MTS Transportation: (703) 652-0816: Ambulatory transport, \$65 flat within 10-mile radius then \$2.50 per mile

Royal Transportation (571) 286-9126: Ambulatory transport, Royal11transport@gmail.com

Do not drive an automobile, operate machinery, or drink alcohol for 12 hours after the procedure due to sedating effects of the medications used.

Follow-Up Call

A team member will call you the day following your procedure to make sure there are no problems and to answer any questions you may have.



Thank you for choosing Gastro Health! This information is to assist you with paperwork you may receive from your insurance company or other entities because of your procedure.

Whenever a procedure is performed in an outpatient setting, either at an Endoscopy Suite or a hospital outpatient department, you have as many as four (4) separate entities performing services for you.

Those parties are:

- The physician who performs your procedure will bill the “professional” fee for his/her services.
- The facility bills the “technical” part of your procedure which includes the equipment, supplies, and staff involved in the process.
- The anesthesia provider, who administers the sedation and provides continuous monitoring during your procedure, bills for his/her services separately.
- If any tissue is removed during the procedure (e.g., biopsies or polypectomies), the pathology laboratory which provides the pathologist and supplies necessary to examine the tissue and render a professional diagnosis based on the specimen(s) bills for his/her services separately.

Each of these separate entities may submit a charge to your insurance company. Sometimes particular charges are combined, depending on your specific insurance carrier, so you may or may not receive a separate “Explanation of Benefits” from your insurer for all the three or four entities involved. Additionally, you may or may not receive statements from any or all the entities.

While we have done our best to estimate your responsibility for Gastro Health’s professional services, it is impossible to know exactly what your responsibility will be before the services are rendered. The final amount depends upon what is found during the procedure, the duration of sedation, diagnoses, and even the order in which your insurance company processes claims.

Anesthesia and pathology may be out-of-network for some insurances. Your out-of-pocket costs, usually, will not exceed the in-network deductible and co-payment that you would normally be responsible for.

If you have any questions because of a billing statement you received, please call the number listed on the statement. Questions about your insurance benefits, pre-certifications, and prior authorizations are to be directed as follows:

All pre-procedure billing questions: please call our offices 703.698.8960

For all post-procedure billing questions; 888-851-0105 or 888.531.4919