



Boulder  
Medical Center

## EGD PREP INSTRUCTIONS

A nurse from our center will be reaching out a few days prior to your procedure to ask questions and review your instructions.

### Procedure Instructions

	Day of the procedure
<b>Diet Instructions</b>	<ul style="list-style-type: none"><li>• No SOLID food at least 8 hours before the procedure</li><li>• Drink clear liquids until <b>3 hours</b> before the procedure.</li><li>• Clear liquids: Water, coconut water (without pulp), broth (without pulp), clear juices, clear ensure, lemonade, Gatorade (no purple or red), sodas, jello (no red or purple), tea, coffee (without cream).</li><li>• Nothing by mouth 3 hours before your appointment, not even a sip of water.</li><li>• Avoid: alcohol, dairy products, anything red or purple, and anything with pulp.</li><li>• No gum, hard candy or breath mints.</li><li>• No jewelry.</li></ul>
<b>Reminders</b>	<ul style="list-style-type: none"><li>• Do not take your regular medications, unless otherwise directed by our staff or your prescribing physician. (You MAY take your prescriptions the day before the procedure.)</li></ul>

# PROCEDURE INSTRUCTIONS

## GENERAL PROCEDURE INSTRUCTIONS:

Your procedure will be performed at the Boulder Medical Center, GI-Lab located on the 2<sup>nd</sup> floor at 2750 Broadway Boulder, CO 80304.

- Please check in at the reception desk in the lobby on the first floor with your insurance card.
- You will be receiving I.V. anesthesia.
- You may not drive or work the day of the procedure.
- After the procedure you will remain in the GI Lab recovery unit until you recover from sedation. On average, most patients are discharged 1.5 hours after they arrive.
- Patients who have received anesthesia may not drive for the remainder of the day. For safety and liability reasons, you **MUST** have an adult pick you up and sign paperwork at the clinic. No ride shares, bus, taxi, Uber or Lyft unless accompanied by a friend/family member.
- Please note that if you cannot provide appropriate transportation information during check in, unfortunately, we will need to cancel your procedure.
- Dignity Care or other similar medical transportation service is acceptable.
- To reschedule or cancel your appointment, please call **(303) 440-3216**.
- Please be aware that **cancellation of your appointment must be made at least TWO (2) business days** in advance in order to avoid a cancellation charge of \$250.
- If you have any medical questions about the instructions, please call the GI Lab at (303) 440-3223.

## INSURANCE COVERAGE

### **Pre-Certification vs. Covered Benefit vs. Covered Payment:**

Pre-certification is a requirement for most insurers, notifying them that a medical procedure is being scheduled. This gives them the opportunity to deny the procedure if they choose.

Pre-certification of this procedure with your insurer will be performed by our office. Pre-certification does NOT determine that a medical procedure is a "covered benefit" under your particular policy. While your insurer may grant a "pre-approval" based on information submitted through our pre-certification, this is NOT a guarantee as to how much of the procedure will be paid for by your insurer, and how much will be due from you. Ultimate coverage of the procedure and payment due from the patient for these GI procedures are often not known until after the procedure is performed. A procedure that starts out as a routine screening may become a diagnostic procedure, and vice versa, depending on what the physician finds and does during the procedure. Therefore, we cannot tell you in advance, with certainty, whether your procedure will be considered a screening or a diagnostic procedure by your insurer, and ultimately how much the procedure may cost.

Your procedure will be performed using the services of an anesthesiologist who will bill your insurance for you. Boulder Medical Center recommends that you contact the anesthesia group to verify they are contracted with your insurance. Once the procedure has been completed, you will receive a separate bill from the anesthesia group.

**\*\*\* Please call your insurance company with any questions you may have concerning coverage and payment. \*\*\***  
Medicare patients: We do have benefit information available, but you may still need to call your secondary carrier.  
Medicare questions can be answered by calling 1-800-MEDICARE.

If you wish to proceed with a test that is not a covered benefit, then you will be asked to sign a waiver accepting personal responsibility for payment.

## **MEDICATIONS**

### **Take:**

- \* Blood Pressure: Please take meds ending in 'olol' the morning of the procedure.  
Examples: Metoprolol, Atenolol, Labetolol

**\*\* Please hold all other medications the day of the procedure. \*\***

### **Do NOT Take:**

- \* Blood Pressure: Do NOT take meds ending in 'pril' or 'sartan' the day of the procedure.  
Examples: Lisinopril, Losartan
- \* Blood thinners: If you can, stop taking blood thinning medications 5 days before the procedure.  
Examples: Coumadin (Warfarin), Clopidogrel (Plavix), Aspirin, NSAIDS (Advil, Aleve, Ibuprofen). If you have any concerns, please contact your prescribing physician for instructions on when to stop taking these medications.
- \* Weight loss/diabetes medications: GLP -1 agonist medications such as Dulaglutide (Trulicity), Exenatide extended release (Bydureon BCise), Exenatide (Byetta), Semaglutide (Ozempic), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin), Semaglutide (Rybelsus), or Mounjaro **must** be stopped 2 weeks prior to your procedure. Please ask your primary care provider if they want you to take an alternative medication during this time, especially if you are taking the medication for diabetes.
- \* Eliquis (Apixiban) may be stopped 2 days before your procedure.
- \* Diet Pills/Stimulants: Please stop 2 weeks prior to the procedure. Example: Phentermine
- \* Diuretics: Stop taking "water" or "fluid" pills the day of the procedure, or consult your prescribing physician.  
Examples: Lasix, Hydrochlorothiazide (HCTZ), Bumex
- \* Iron pills: Stop 7 days prior to your procedure.
- \* Fish Oil: Stop 7 days prior to your procedure.
- \* Marijuana: Please do not take Marijuana, in any form, 24 hours before the procedure.
- \* Smoking: Please do not smoke anything 24 hours before the procedure.
- \* Diabetes:  
If you take a pill to lower your sugar, do NOT take it on the day of your procedure.  
If you are taking insulin (R), do NOT take it on the day of your procedure.  
If you are taking long-acting insulin (NPH), you should take HALF of your prescribed dose on the morning of your procedure.  
If you are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin, please contact your prescribing physician for instructions.

**If you have any questions concerning your medications,  
please contact your prescribing physician for specific instructions.**

**\*\* NOTIFY THE OFFICE** immediately if you have had a bad experience with sedation in the past. **\*\***

## FAQs for Procedures at Boulder Medical Center

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1. If I have polyps removed or biopsies taken, which lab are these being sent to so I can make sure the lab used is in-network with my insurance?
  - a. Dr. Levine uses the pathology lab with GI of the Rockies
  - b. Dr. Blanton uses the pathology lab with LabCorp
  
2. Which anesthesia company does BMC use so I can make sure they are also in-network with my insurance company?
  - a. All anesthesia services with the GI lab at BMC are with US Anesthesia Partners (USAP). If BMC and Dr. Blanton/Dr. Levine are in-network with your insurance company, USAP should be too.
  
3. If I was going to pay for my endoscopy completely out of pocket, what would it cost me?
  - a. Facility fee: \$950
  - b. Physician fee: ranges from \$300-\$800 depending on what your physician does during the procedure.
  - c. Anesthesia fee: Please contact USAP for a quote: 833-479-0697 or [patientadvocacy@usap.com](mailto:patientadvocacy@usap.com)
  - d. Lab services: \$200-450+ depending on lab, number of specimens taken, and diagnosis; please contact your insurance carrier with further questions on in-network labs and charges.