

Combined Upper Endoscopy (EGD) & Colonoscopy Instructions

What to Expect During Your Procedures

- You will have **two procedures performed during the same visit** under anesthesia:
 - **Upper Endoscopy (EGD):** examines the esophagus, stomach, and first part of the small intestine
 - **Colonoscopy:** examines the entire colon
- A thin, flexible camera is used for each procedure
- **Biopsies may be taken**, even if tissue appears normal
- **EGD dilation may be performed** if a narrowing is found, which can help improve swallowing issues
- **Polyps may be removed** during colonoscopy if identified
- Most patients go home the same day

Before Your Procedure

 **Pick up all bowel prep supplies in advance** 

- In-office prep kits available
- Over-the-counter options available
- Prescription prep options available
- Extended prep kits are available for patients with constipation or prior inadequate bowel prep. Please notify our office in advance if this applies to you.

 **Blood thinners** 

→ We will obtain **prescriber approval** for you to hold for **2–7 days** prior to the procedure

 **GLP-1 medications**  (Mounjaro, Ozempic, Trulicity, Wegovy, Semaglutide, etc.):

→ **Hold injection the week prior** unless instructed otherwise.

\$ Contact your insurance company to confirm coverage. Coverage and patient responsibility may vary based on findings and your individual insurance plan. You may wish to ask about coverage for the following common procedure codes:

- Colonoscopy (screening): **CPT 45378, G0121 (average risk), G0105 (high risk)**
- Colonoscopy (with biopsy or polyp removal): **CPT 45380, 45385**
- Upper endoscopy (EGD): **CPT 43235, 43239**
- Pathology (biopsy interpretation) - if necessary: **CPT 88305**

✗ Cancellations ✗: Please provide **72 hours notice** to avoid a **\$100 cancellation fee**.

Pathology Services



If biopsies or polyps are taken, they are reviewed by our **in-house GI-trained pathologists**. **Pathology services are billed separately**, and patients may receive a bill from Endoscopic Solutions, PC for laboratory services depending on insurance coverage, in addition to charges for the physician performing the procedure.

Diet Instructions (Very Important)

Low Residue Diet – Start 5 Days Before Your Procedure

Follow a low residue diet for 5 days prior to your procedure. A low-residue diet means eating foods that are **easy to digest** and **leave very little waste behind in your colon**. This helps clean out your colon more effectively before your procedure.

✗ Foods to Avoid

- ✗ **Whole Grains & Fiber:** Whole-wheat bread, brown rice, oatmeal, granola, bran, cereal with fiber, popcorn
- ✗ **Seeds & Nuts:** Nuts of any kind, seeds (chia, flax, sesame), Trail mix
- ✗ **Raw or High-Fiber Vegetables:** Salad, lettuce, Corn, Beans, lentils, Broccoli, cauliflower, Cabbage, Onions, Celery, Tomatoes (including sauces with seeds)

- ✗ **Fruits with Skins or Seeds:** Berries, Grapes, Oranges, Apples with skin, Pineapples, dried fruit
- ✗ **Fiber Supplements:** Fiber powders, fiber bars, fiber gummies, protein bars with high fiber content
- ✗ **Any food with visible seeds or peels**

Clear Liquid Diet – Day Before Your Procedure

Follow a clear liquid diet the entire day before your procedure. This allows the bowel prep to work effectively and improves visibility during the exam. **Avoid all RED and PURPLE liquids**, as these can appear like blood during the procedure.

- #### ✓ Examples of clear liquids
- ✓ Water (plain, carbonated, or flavored)
 - ✓ Apple or white grape juice (no pulp)
 - ✓ Lemonade or fruit-flavored drinks
 - ✓ Clear sodas (cola, root beer)
 - ✓ Tea or coffee without milk or cream
 - ✓ Sports drinks

- ✓ Clear broth (bouillon or consommé)
- ✓ Gelatin, Jello
- ✓ Honey or sugar
- ✓ Hard candy (lemon drops, peppermint)
- ✓ Ice pops without fruit, milk, or seeds
- ✗ Avoid Red and Purple colors

One Day Prior to Procedure

- ✓ Follow the **clear liquid diet only** ✓
- 👤 Follow your **bowel prep instructions exactly** 👤
- 📞 You will receive a call with your **final procedure time** from the surgical center 📞
- 🚗 **Arrange a driver** to take you, stay with you, and take you home after the procedure 🚗

👤 Bowel Prep Timing 👤

- **Different bowel prep regimens have different instructions.** Always follow the specific instructions provided for your prep.
- **Most bowel preps are taken in two parts:** one dose **the day before** your procedure and a second dose **6 hours prior** to your procedure.
- **Finish all prep and stop clear liquids** at least **4 hours before your procedure**, if possible.
- **Your stool must be clear** before the procedure. If it is not, **call our office** for guidance.