#### Procedure Preparation

* Your doctor’s office will contact you before your procedure to provide certain information. This will include expected time of arrival, directions if needed, and a reminder that you must have a responsible driver take you home if you receive sedation. Please review the Bill of Rights and HIPAA policy before the procedure and bring any Advanced Directives.

**Recovery Period**

* A nurse will call/email you within 24-72 hours after your procedure to see how you are feeling. If at any time you experience problems, please notify your physician.
* You may feel weak and drowsy after your procedure. Do not drive a motor vehicle, operate machinery, make legally binding decisions, or drink alcohol for 24 hours after your procedure.
* Please follow your discharge instructions regarding diet, medication and activity.

**Billing**

* CME accepts most major insurance plans.
* It is important to understand that you will receive a bill from both your physician’s office for his professional services, as well as a bill from CME for the use of our facility.
* If you had biopsies and/or anesthesia services you will also receive a bill from the pathology lab and/or the anesthesiologists for their professional services.

**Thanks Again!**

We sincerely appreciate your choosing Central Maryland Endoscopy! Your referral to family and friends is our highest compliment.

If you have any concerns related to your care, treatment, services, or safety before or after the procedure, please contact Mukul Khandelwal, Medical Director, at 410-799-0050. If the issues are not addressed by the medical director, you may contact the Joint Commission on Accreditation of Healthcare Organizations at [complaint@jcaho.org](mailto:complaint@jcaho.org) or FAX 630-792-5636.

Rev 07/07/2020

**DIRECTIONS**

* **FROM I-95:** take exit 41B (Rte 175 West). Turn right on Rte 108 West. Go .3 miles and turn right on Lark Brown Road**.**
* **FROM Rte 29:** take exit 20A (Rte 175 East). Go approximately 4 miles and turn left on Rte 108 West. Go .3 miles and turn right on Lark Brown Road.
* **FROM Ellicott City area:** Rte 100 EAST- take exit 3 (Snowden River Parkway). Turn left at first light (Rte 108 East). Go 1.7 miles and turn left on Lark Brown Road.
* **FROM GLEN BURNIE/PASADENA area**: Rte 100 WEST & exit on I-95 South (toward Washington) Exit @ 41B & follow directions above.

***Second left into Chartwell Professional Center. Park behind the Royal Farms.***

**NOTE: CENTRAL MARYLAND ENDOSCOPY HAS PARKING AT THE BACK OF THE BUILDING**

**You are scheduled for:**

EGD

Colonoscopy

Sigmoidoscopy

**On:**

**M**  **T**  **W**  **Th**  **F**

|  |  |
| --- | --- |
| Date: |  |
|  |  |
| Time: |  |
|  |  |
| Arrive at: |  |

Central Maryland Endoscopy, llc

**8186 Lark Brown Road**

**Suite 104**

**Elkridge, MD 21075**

**Phone: (410) 799-0050**

**Fax: (410) 799-9303**

***Located near the intersection of***

***Rte 108 & Rte 175 in Columbia***

***Parking for patient***

***drop-off in back of building.*Welcome**

Thank you for choosing the Central Maryland Endoscopy, to be your provider of gastrointestinal endoscopic services. Choices you make concerning your health are some of the most important decisions you will ever make. This brochure is designed to help you get to know us better and prepare you for your procedure. If you have any further questions, please ask. Calls are always welcome. The Center’s phone number is (410) 799-0050. Please remember, your perception of how we care for you is our utmost concern, so please feel free to offer suggestions that might help us better serve you.

CME was developed by four board certified gastroenterologists and surgeons who are affiliated with Howard County General Hospital. The Center conforms to State, Medicare, and JCAHO standards in construction, design, policies and procedures, fire protection and safety, and handicap accessibility. Your care will be provided by a skilled team of board certified gastroenterologists/surgeons, anesthetists, and nurses all licensed in the state of Maryland. Our services incorporate excellence in professional care while utilizing state-of-the-art technology for ambulatory gastrointestinal endoscopy services.

**Our Hours of Operation**

CME is open Monday through Friday from 7:00 a.m. to 4:30 p.m. If you are unable to keep your appointment for your procedure, please contact our office staff at:

**(410) 799-0050**

#### Emergencies

CME is not an emergency treatment facility. In case of emergency, please contact your physician or go directly to the closest hospital’s emergency room. The hospital staff can determine the extent of your problems and contact your doctor. Some problems that require emergency attention include vomiting blood or passing blood from the rectum, black stools, severe abdominal pain, severe dizziness, weakness or loss of consciousness.

#### What is Endoscopy?

Endoscopy is a relatively non-invasive procedure that provides direct visualization of the upper and lower portions of your gastrointestinal tract. This is accomplished by passing a thin flexible tube into the body that enables your physician to examine the lining for abnormalities, obtain biopsies and remove polyps as necessary.

#### First Visit

We ask that you bring a photo ID, your insurance card and, if required by your insurance carrier, a referral for services.

* **Please notify your physician when you schedule your procedure if you are on blood thinners such as Coumadin, Plavix, etc.**

#### Endoscopic Procedures

**EGD (Esophagogastroduodenoscopy)**

* This procedure examines the lining of the upper part of your gastrointestinal tract, including the esophagus and stomach.
* Sedation is given throughout this procedure.
* Biopsies may be obtained and/or dilation of the esophagus may be performed during this procedure as necessary.

#### Preparation for EGD

* **Follow your physician’s instructions.**
* Medications may be taken with small sips of water as advised by your physician.
* Because you will be sedated for this procedure, **you must have a responsible driver take you home**.
* Wear a short sleeve, button down shirt to the Center.

**Colonoscopy**

* This procedure examines the lining of the colon (large bowel).
* Sedation is given throughout this procedure.
* Biopsies may be obtained and/or polyps may be removed during this procedure.

#### Preparation for Colonoscopy

* **Follow your physician’s instructions!**
* In order to provide you with a thorough colonoscopy, it is extremely important that your colon is completely clean. This is accomplished by carefully following the bowel prep that your physician ordered for you.
* Because you will be sedated for this procedure, **you must have a responsible driver take you home**.

#### Flexible Sigmoidoscopy

* This procedure examines the lining of the ***left side*** of the colon (large bowel).
* Biopsies may be obtained during the procedure.
* **Sedation is not always required** for flexible sigmoidoscopy.

#### Preparation for Flexible Sigmoidoscopy.

* Carefully follow the bowel prep you were given by your doctor.

**Bring with you on the day of your procedure**

* Photo ID, insurance card and referral if needed.
* Responsible driver – a family member or friend to drive you home. If you come by taxi or public transportation, someone **STILL** needs to accompany you home.
* Leave valuables and jewelry at home.

**Financial Disclosure**

Your procedure will be performed by a physician who has ownership and financial interest in Central Maryland Endoscopy. You have an option to have the procedure performed at another facility. Drs. Mukul Khandelwal, Mahmood Solaiman, James Zalucki, and Vincent Cifello have ownership.