

Welcome

At Benefis Gastroenterology, our mission is to serve you with comprehensive, personalized, effective gastrointestinal treatment, and to promote your ongoing health and wellness.

This packet includes important information regarding your upcoming procedure, such as:

- **What to eat and when**
- **Preparation Instructions**

Your procedure is scheduled for: _____.
Date

Please arrive at _____ a.m. / p.m.
Time

Your provider is _____.

Procedure Location:

Benefis Endoscopy
5th Floor, South Tower
Benefis East Campus
1101 26th Street South
Great Falls, MT 59405

If you need to cancel or reschedule your procedure, please notify us as soon as possible by calling **(406) 731-8384**.

Preparing for 24-Hour Esophageal Digitrapper Test

Please carefully follow the procedure instructions, which are necessary for the safety of your procedure. If you have any questions, please call (406) 731-8384 and ask to speak to a nurse.

Prior to your procedure, **contact your insurance company** to determine if pre-authorization is required. **DO NOT** assume your procedure is automatically covered. You may still be responsible for a deductible or copayment.

Stop taking Proton Pump Inhibitors (PPIs) SEVEN DAYS before your procedure. These medications include Prilosec (omeprazole), Nexium (esomeprazole), Protonix (pantoprazole), Dexilant (dexlansoprazole), and Aciphex (raberprazole).

Stop taking H2 antagonists THREE DAYS before your procedure. These medications include Axid, Pepcid, and Tagamet.

Stop taking antacids 24 HOURS before your procedure. These medications include Gaviscon, Maalox, Mylanta, Roloids, and Tums

The Day of Your Procedure:

DO NOT EAT FOOD after midnight before your procedure.

Drink only clear liquids. Consumption of anything other than clear liquids will impair the quality and safety of the procedure and may result in your appointment being cancelled.

- Clear liquids (no red or purple) include water, coffee and tea with no cream or milk, clear fruit juice, clear soda, Gatorade, and Jell-O.
- **If you are on anti-seizure or beta-blocker medications**, make sure to take them on the morning of your procedure. You can take these with a small sip of water.
- **Do not take** any anxiety medications, pain medication, diuretics, diabetic medication, muscle relaxers, or blood thinners except those noted below.
 - You may continue to take your Plavix, Effient, and Brilinta
- **Remove all body piercings** located on your face, including your nose and tongue. Earrings are okay.

Stop taking anything by mouth four hours before the procedure.

What to Expect from Your Test:

This procedure consists of two tests: an esophageal motility test and a digitrapper test.

The esophageal manometry test examines the muscle functions of the esophagus (swallowing tube) and measures the strength of the valve between the esophagus and stomach. It is performed by passing a small catheter (tube) through your nose into your stomach. Once the tube is placed, you will perform a series of swallows with saline (salty) water. You will be asked to control your swallowing and to swallow only when instructed. The tube is then removed.

The digitrapper test monitors reflux in your esophagus over 24 hours. It is performed by passing a small catheter (tube) through your nose into your stomach. **The catheter will stay in place for 24 hours and send the data to a recorder you will wear. After 24 hours, you will return to endoscopy and have the catheter removed.**

After Your Procedure:

You will not be sedated and can drive yourself to and from the procedure.

Additional Resources:

Benefis Financial Counselors

(406) 455-3535

Benefis Medical Records

(406) 455-5642

Benefis Native American Welcoming Center

(406) 455-5197

Benefis Gastroenterology Clinic

(406) 731-8394

Your Care with *Epic!*

We have a new look with our upgraded electronic medical record system!
You may notice changes to our processes. Epic allows us to offer many important features, including a single bill for hospital and provider services.



Benefis Health System is excited to usher in a new era of patient care with Epic MyChart, our new patient portal.

With MyChart, you'll be connected to more tools than ever to help you take charge of your health. It is the top-ranked medical app and used by 178 million people worldwide.

In Epic MyChart, you can:

- Access your health records and message your providers.
- Schedule appointments and request medication refills.
- Get screening reminders.
- Ensure providers even at different locations have the most up-to-date information about your care.
- Pay your bill and take advantage of prompt pay discounts.
- Support family members through medical care, even if you're a thousand miles away.
- Complete appointment-related questionnaires in advance of your appointment right from your phone!

Your health records are secure and safe with Epic's cutting-edge technology.

To sign up for MyChart, scan the QR code below or visit Benefis.org/MyChart.

