


Getting Ready for Your DISE Procedure

Patient Name: _____

Patient Address: _____

Exam Arrival Date and Time: _____

Exam performed by Dr. _____

 Brigham and Women's Faulkner Hospital
Gregory Endoscopy Centre
1153 Centre Street, 1st Floor
Boston, MA 02130

CANCELLATION

Scheduling procedures requires careful planning between the staff, doctors, and hospital. To help avoid delays, it is important that you follow the schedule. **If you must reschedule or cancel, please call us at least 7 days prior to procedure at 617-983-7434.** Thank you for your help and consideration.

Please read all instructions at least 2 weeks before your exam

Please carefully review the instructions below and observe these directions only. Refer to these instructions as medication and dietary changes may be necessary.

- If your insurance requires a **referral**, please call your primary care physician and request that a referral be done prior to the date of your procedure.
- If you have **Blue Cross Insurance**, please call the customer service number on the back of your insurance card to verify your benefit coverage.
- If you have **GIC** insurance, you should call the pre-notification number on the back of your insurance card and inform **GIC** of your upcoming procedure.

Important Contact Info

- If you have questions for a nurse about your procedure or preparation, call **617-983-7124** Monday-Friday (excluding holidays) 8:00 AM - 4:30 PM.
- If you any questions or need to reschedule your phone screen, please call the Weiner Center at **617-983-7179** (Monday-Friday 8:00 AM – 4:30 PM).
- If you need medical help now, call **911** or go to the nearest **Emergency Room**.

For additional information, you may also visit the website for the Gregory Endoscopy Center at:
www.bwfh.org/prep

Pre-Procedure Evaluation

In preparation for your upcoming endoscopic procedure with anesthesia, you are scheduled for a phone screen with the Weiner Center for Pre-Procedure Evaluation on:

Pre-Procedure Evaluation Date: _____

Pre-Procedure Evaluation Time: _____

The purpose of the phone screen call is to:

- Ensure that all necessary information is in place before the procedure
- Help ensure a good recovery after procedure

During the phone screen call, we will:

- Evaluate your medical and surgical history
- Determine if any necessary testing is needed

You will speak with:

- Registered Nurse (RN)

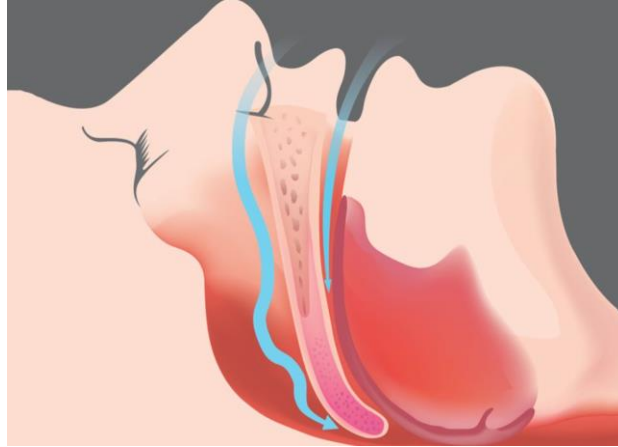
Screening length varies per individual patient needs. Please allow approximately 45 minutes for completion of the phone screen.

Please have the following information ready for your phone screen:

- A list of current medications and dosages (including vitamins and over-the-counter medications)
- Name and phone number of your Primary Care Physician & Specialist(s), (e.g. Cardiologist)
- Contact information for obtaining cardiac testing which may have been done in past 5 years, such as EKG, echocardiogram, stress tests, heart catheterization
- Small identification card for medical devices: (For patients with pacemakers, defibrillators, &/or cardiac stent cards, or any implantable devices (e.g. nerve stimulator)

If you have any questions or need to reschedule your phone screen, please call the Weiner Center at 617-983-7179 (Monday-Friday 8 AM to 4:30 PM)

What is a Drug-induced Sleep Endoscopy (DISE)?



Drug-induced sleep endoscopy (DISE) is a procedure used for studying the relaxation of throat muscles in a sedated person with obstructive sleep apnea (OSA). An anesthesiologist will give you a medicine in your veins which will make you fall asleep within a few minutes. Once asleep, the doctor will insert a small tube with a video camera through your nostrils to examine the back of your throat (upper airway) and nearby possible regions that can cause OSA. This procedure required to see if you qualify for an implant to treat sleep apnea.

Please follow these instructions in preparation for your procedure:

- Please consult with your primary care physician or your provider if you are taking insulin or other diabetic medications. These medications may need to be adjusted prior to your procedure.
- Consult your primary care physician or your provider about any blood thinners such as Coumadin/Warfarin, Plavix, heparin, Lovenox, Eliquis (apixaban), Xarelto (rivaroxaban), Pradaxa (dabigatran) since these usually will need to be discontinued prior to your procedure and you may need special instructions.
- Do not eat any solid food of any kind after midnight prior to the procedure.
- **You may drink clear liquids after midnight up until 3 hours before your procedure.** Clear liquids could include tea, coffee (no dairy/milk), clear juices (**NO RED FLAVORS**), (**NO Broth**), popsicles, and Jell-O.
- You may take your other medications with a sip of water unless otherwise instructed. You should make sure you take your cardiac medications such as beta blockers (i.e.: Metoprolol, Atenolol, Carvedilol) on the morning of the procedure.
- Arrive 1 hour before your scheduled exam time (**For 7 AM Exams only, arrive at 6:30 AM**)
- You will be discharged approximately 3 hours after your arrival time. In order for your procedure to be performed, you must arrange for a responsible adult to meet you at the Gregory Endoscopy Centre to sign you out and either drive you home or accompany you in a taxi/ride share/public transportation. The responsible adult cannot be the taxi driver or ride share driver. You will not be discharged until your ride arrives.

DISE Post Procedure Contact Information

- If you have questions about the prep instructions, medications, or your procedure Monday-Friday (excluding holidays) between 8:00 AM and 4:30 PM, please call **617-983-7124**.
- If you are calling Monday-Friday after 4:30 PM, during the weekend, or on a holiday, please call **617-983-7280** and leave a message for the doctor. This message will be returned at the earliest next business day.
- If this is a medical emergency or for any acute issues, please call **911** or go to your nearest emergency room.

Thank you for choosing Brigham and Women's Faulkner Hospital.