

Information for You from Your Health Care Team

Upper Endoscopy Preparation (Esophagogastroduodenoscopy)

What is an esophagogastroduodenoscopy (EGD)?

An esophagogastroduodenoscopy is an examination of the upper gastrointestinal (GI) tract with a slim, flexible, lighted tube. The upper GI tract includes the throat, esophagus, stomach, and first part of the small intestines (duodenum).

When is it used?

This procedure may be recommended if you have:

- Problems swallowing
- Repeated heartburn
- Abdominal pain
- Chest pain
- Gastrointestinal bleeding
- Vomiting
- Abnormal findings on gastrointestinal x-rays

Your upper endoscopy (EGD) will be performed by: _____

Date and time of EGD: _____ Arrive at: _____

Your procedure will be done in the Endoscopy Suite at:

- Hill Medical Building Suite 206
- University Hospital, 750 E. Adams St.

How do I prepare for an EGD?

- You should not eat eight (8) hours _____ (time) prior to your procedure.
- You should not drink anything six (6) hours _____ (time) prior to your procedure.
- You must arrange for someone to accompany you home after the procedure as you will not be allowed to drive or leave alone.
- Inform your physician if you are a diabetic or taking any blood thinners such as Coumadin or Plavix.
- Please leave any valuables at home.

What happens during the procedure?

You will need to:

- Sign an informed consent for the procedure
- Remove your glasses or contact lenses
- Remove dentures or plates
- Provide any information concerning allergies, medications, and medical history. Your blood pressure and pulse will be monitored before, during, and after the procedure.

- The RN will start an IV for administering medications as needed to relax you. You will not be put to sleep, but will feel relaxed and as comfortable as possible.
- During the procedure, the room is darkened with you lying on your left side.
- During the procedure, any abnormalities such as irritation, inflammation, ulcers, or abnormal growths, the physician may take biopsies, (tiny snips of tissue) to send for laboratory testing.
- An upper endoscopy (EGD) may take 15 to 20 minutes.

What happens after the procedure?

- After the procedure, you will be encouraged to rest until you feel well enough to leave. This is usually 30 to 60 minutes following the exam.
- You should plan on resting for the entire day and should feel like eating a normal diet (unless otherwise instructed).
- You may experience a sore throat. You may use lozenges and drink plenty of fluids which should help this pass within 24 hours.
- The physician will discuss the findings and recommendations with you and your family before you are discharged.
- Your primary care physician will be sent the result of your procedure.

What are the risks of the procedure?

- Allergic reaction or nausea to the medications used.
- There is some risk of injury to the throat, stomach, or intestine.

When should I call my Gastroenterologist?

Call your provider immediately if:

- You have pain that becomes much worse.
- You develop or continue to have nausea or vomiting.
- You develop a fever.

Call your provider during office hours if:

- You have questions about the procedure or its results.
- You want to make another appointment.

If you have any questions or need to cancel or change your appointment, please call University Gastroenterology at (315) 464-1600 or University Gastroenterology Endoscopy Suite at (315) 464-1616.