

## *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.**