

EGD Preparation

Upper GI Endoscopy, sometimes called EGD, is a visual examination of the upper intestinal tract using a lighted, flexible fiberoptic endoscope. The upper intestinal tract begins with the mouth and continues with the esophagus (food pipe), stomach and duodenum (beginning portion of the small bowel). The procedure is performed with the patient lying on their left side. Immediately prior to the start of the exam, a small bite block will be inserted into your mouth. After the administration of a mild sedative, the endoscope is gently inserted through your mouth into the upper esophagus. You can breathe easily throughout the exam.

Diet

You may have nothing to eat after midnight the night before your procedure. You may have clear liquids up to Four (4) hours before your scheduled arrival time.

Medications

If you take heart, blood pressure or respiratory medications, take them four hours before your appointment with a small amount of water. Please notify your doctor if you are taking anticoagulants or blood thinners such as Coumadin, Plavix, Persantine (dipyridamole), Ticlid or aspirin regularly. It is important that these medications are discontinued at least one week prior to your procedure. Special instructions may be necessary.

What to Wear?

Wear loose fitting, comfortable clothes. Do not wear heavy or bulky sweaters. Avoid girdles, pantyhose, or tight-fitting garments. You will not be required to change clothes for your procedure. Prior to the procedure you will be asked to remove any dentures or eye glasses. Contact lenses will not need to be removed. Tongue rings will need to be removed prior to the procedure.

Monitoring

Before the procedure begins, your temperature, pulse, blood pressure and blood oxygen will be measured. During the procedure and recovery period, monitoring of blood pressure, pulse and blood oxygen level is continued. You will receive supplemental oxygen during the procedure using a small tube which fits under your nose. During the procedure, your EKG (heart rhythm) will be monitored also.

Transportation

Bring a driver since you can not drive yourself home. Due to the effects of the sedation you will be receiving, you will not be able to drive for at least 12 hours after your procedure. If possible, your driver should be someone with whom your doctor can freely discuss the results of your procedure, since you may be a little forgetful afterwards. You should plan on being at the facility approximately 1 1/2 to 2 hours.

Your Permission

If you have any questions or concerns about this test, do not hesitate to ask your doctor about them. To signify that you completely understand what this test involves and that you are giving permission for the doctor to perform this test, you will be asked to sign a written consent form before the test begins. Your doctor will discuss the exam with you and answer any questions.

Discharge Instructions

While you will soon be resuming your normal activities, there are several directions and precautions that you should be aware of to insure your safety. Because you have been sedated for the procedure, you are not to drive a motor vehicle, operate dangerous machinery, or perform potentially hazardous tasks for at least twelve hours or until you have completely recovered from the effects of the medication. Since you have been fasting and your upper intestinal tract has been investigated, it is wise to slowly resume your eating. A light snack as your first food is advisable. During the procedure, the doctor uses carbon dioxide (CO₂) to inflate the stomach to help him visualize this organ. While he removes as much as possible, some CO₂ may remain and be passed normally. You may feel slightly bloated and gaseous. This is normal and will go away within a few hours. An intravenous needle is used to administer the medication for the procedure. Rarely, the medication may irritate the vein with symptoms of redness and soreness along the vein. This will usually disappear over several days though it may last as long as two weeks. Warm soaks to the area will help. If it persists, please call your doctor. Rarely, complications can occur. While every caution is taken to prevent any problems, complications can occur and sometimes these may not become evident for several hours. If, in the next 24 hours you experience any of the following, contact your doctor immediately. If he is unavailable, go to the Emergency Department.

- Vomiting of blood or black, coffee ground material.
- Severe chest pain or new onset of abdominal pain.
- Difficulty or pain during swallowing.
- Severe dizziness or fainting.
- Sweating, severe nausea or high fever.
- New onset of cough.
 - These symptoms may indicate a complication of the procedure. Your doctor will want to discuss these symptoms with you.

