



## EGD

**Read these instructions before you come for your procedure.**

### WHAT IS AN EGD?

This is a test to look at your esophagus (food pipe or swallowing tube), stomach and the first part of your small intestine through a flexible lighted tube.

### HOW DO I GET READY?

#### **One week before the exam:**

- Do not take Aspirin, Advil, Ecotrin, Bufferin, Nuprin, Excedrin, Aleve and/or Ibuprofen for 7 days before your exam. Tylenol (acetaminophen), Celebrex, and Mobic are fine to take.
- If you use blood thinners Coumadin (Warfarin) or Plavix, contact your doctor about stopping it for 5-7 days.
- If you are a diabetic, contact your doctor about adjusting the dose of insulin or blood sugar pills the day of the exam.

#### **Day of the exam:**

- **Do not have any solid foods or milk products after midnight.**
- **You may have clear liquids until 4 hours before your exam, then nothing at all until after your exam.** Clear liquids (not colored red or purple) include water, soda, broth, bouillon, coffee, tea, Kool-Aid, clear juices, Gatorade, Jello, and popsicles.
- You may take your blood pressure medicines and any heart medicines with a sip of water.
- **Bring someone with you to drive you home.** You will be given sedatives during the exam and you will not be allowed to drive the rest of the day. However, please limit the number of people you bring with you to our waiting room. If you do not have a driver, your exam may be cancelled or rescheduled.
- **Bring a list of current medications and medication allergies with you.**
- **Arrive at the hospital one hour before your appointment** to allow for parking and registration in our department.

### REGISTRATION

- When you arrive at the hospital walk through the main entrance and ask the hospital receptionist to direct you to the Digestive Health Center.
- Enter our waiting room and check-in at the reception desk.
- After check-in you will be called to register.
- After registration, you will be called to the procedure area.
- Please keep in mind that appointments are approximate times. If a delay occurs, we will do our best to update you. (over)

## WHAT WILL HAPPEN DURING THE EXAM?

- A physician will explain the benefits and risks of the exam and ask you to sign a consent form giving the doctor permission to do the test. Ask him/her any questions you might have.
- A nurse will place an IV (needle) in your arm to give you medicines and intravenous fluids you may need during the test. You will be given sedation through the IV to help you relax.
- You will be given a numbing medication to gargle to reduce your tendency to gag. A bite block will be put in your mouth to prevent biting on the scope. You will be asked to lie down on your left side.
- Your blood pressure, pulse and oxygen level will be checked throughout the procedure.
- The doctor will gently insert a small flexible tube into your mouth, down your food pipe and into your stomach and the start of the small bowel. This will not interfere with your breathing.
- Your stomach may feel full or bloated during the test. This is normal.
- If the doctor sees anything unusual, a biopsy (small piece of tissue) may be taken. You will not feel this biopsy.

## WHAT HAPPENS AFTER THE EXAM?

- You will be taken to our Recovery Room to rest and sleep off the effects of your sedative.
- Your blood pressure, pulse and oxygen level will be checked until you are fully awake.
- The IV needle will be removed and you will be given discharge instructions which will note if any tissue was removed.
- Your throat may feel scratchy or numb for a short while. After you have tested your swallowing with a sip of water and there is no problem, you may eat and drink normally.
- You may not drive for the rest of the day. Stay home and rest.
- The doctor or nurse will discuss the results of your test with you. The results of your exam and any tissue analysis will be sent to the physician that referred you for the exam in 1-2 weeks. **Please contact the physician who ordered your procedure to obtain your test results.**
- After you leave, if you have a severe pain, shortness of breath, vomit blood or develop a fever, please call us at **(434) 982-0221** or the hospital operator **(434) 924-0000** and ask for the GI doctor on-call. You may also go to your local emergency room.

If you have any questions about the exam or the preparation, please call the endoscopy coordinator at **(434) 243-6346**.

To cancel or reschedule your test please call **(434) 924-9999**.

The Digestive Health Center of Excellence is nationally recognized for diagnosis and treatment of gastrointestinal diseases. As our patient, you will receive the best possible care by caring physicians and health care professionals.