

# UniversityGastroenterology

MEDICINE AT ITS BEST

HILL MEDICAL BUILDING • 1000 EAST GENESEE STREET • SYRACUSE, NY 13210

---

## *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 may eat until \_\_\_\_\_
- You may drink clear liquids until \_\_\_\_\_
- Notify our office **NOW** if you are taking Coumadin (Warfarin), Plavix, or Aggrenox. These are blood thinning medications and will need to be adjusted the week prior to your procedure.
- Do not take Insulin or oral diabetic medications the morning of procedure. The evening prior, take 1/2 usual insulin dose and no oral diabetic medication.
- If you need to cancel or change your appointment, please call University Gastroenterology at:
  - (315) 464-1616
  - (315) 464-1600

#### What happens during the procedure?

You will need to:

- Sign an informed consent for the procedure
- Remove dentures or plates and any oral piercings.
- Remove glasses or contact lenses.

- Provide any information concerning allergies, medications, and medical history. Your blood pressure and pulse will be monitored before, during, and after the procedure.
- An IV will be started 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 if any abnormalities such as irritation, inflammation, ulcers, or abnormal growths are seen, 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.
- All findings and recommendations will be discussed with you prior to discharge.
- Your referring 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 regarding your procedure, please call University Gastroenterology at:

(315) 464-1600       (315) 464-1616

**Because of the medications given to you during the examination, you must have someone accompany you home after you are discharged. If you come without someone, your test will not be done.**

- Please contact your insurance company in advance to verify your benefits.
- Please bring Insurance cards, Picture ID and co-payment to your appointment.
- Patients are responsible for their own parking fees.
- Please leave valuables, ie: jewelry, at home.

**Attention patients and family members: It is our policy that your transportation provider remains in the waiting room until your procedure is complete.**