



## PATIENT EDUCATION

# Esophagogastroduodenoscopy (EGD)

### What is an EGD?

An EGD is an examination of the esophagus (swallowing tube from the mouth to stomach), stomach, and duodenum (upper part of small bowel). This test is sometimes called an upper gastrointestinal Endoscopy (UGI). This test may be done for abdominal pain, vomiting, blood in stool, difficulty or painful swallowing, a history of ulcers, or a low hemoglobin.

### How do I prepare for this test?

- Arrange for a driver, and someone to be with you for the day. You will not be allowed to drive if you receive sedation.
- All jewelry should be left at home.
- Be sure to let your doctor know if you are pregnant before the day of the exam.
- If you are taking Coumadin, Plavix or other blood thinners, let your doctor know before the day of the exam.
- Be sure to follow the specific diet instructions given by your provider.

### What are the potential complications?

- Undesired effects from sedation.
- Bleeding.
- A tear in the wall of the esophagus, stomach, or small intestine.
- If you have any questions, please ask your doctor.

### What should I expect before the test?

- Your doctor will explain the risks and benefits of the test to you.
- You will sign a consent form for the procedure.
- A small IV will be put in a vein so sedation can be given during the procedure.
- Dentures and glasses will be removed prior to the procedure.

### What should I expect during the test?

- You will lay on your left side.
- A small mouthpiece will be put between your teeth to protect your teeth and the endoscope.
- A Novocain type medication may be used in your throat to relieve the gagging feeling you may have during the procedure. This medicine will not interfere with your breathing.
- Oxygen will be given during the test.
- Your blood pressure, pulse, and oxygen levels will be monitored during the procedure.
- The stomach and duodenum are collapsed when they are empty. Your doctor will put air into the stomach so the walls can be seen.
- Your doctor may choose to take biopsies (small pieces of gastric tissue) during the procedure. Taking biopsies and removing polyps will not cause pain.

- If a narrowing is found, your doctor may decide to stretch (open) the stricture.

### **What can I expect after the test?**

- Your blood pressure, pulse, carbon dioxide, and oxygen levels will be monitored in the recovery area.
- Your family and friends can be with you after the procedure.
- You will have oxygen on for a short time during the recovery phase.
- You might feel bloating or cramping after the test because of the air that is put in your stomach and duodenum during the test. Passing the air will help this feeling go away.
- If you are taking Coumadin, Plavix, or other blood thinners, ask your doctor when to restart those specific medications.
- The nurse will give you written discharge instructions before you leave.

### **When will I get my results?**

- Your doctor will tell you what was found before you go home.
- You will receive your biopsy results in the mail in two to three weeks.
- You may call your doctor's office with any questions or concerns.