

## ESOPHAGOGASTRODUODENOSCOPY (EGD)

EGD is a procedure to inspect the lining of your esophagus, stomach, and first part of your intestine. It is used to identify inflammation, bleeding, ulcers, tumors, cancers, infection, and other concerns.

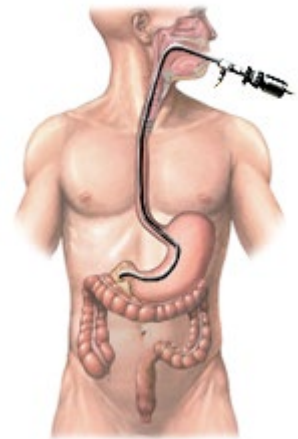
### Before the Procedure

- You may need to adjust your diabetic and blood thinning medications as instructed by your physician.
- You may have a normal diet the day before the procedure.
- Stop eating all solid foods 8 hours prior to your procedure. Clear liquids are acceptable until 2 hours prior to your arrival at the hospital. Clear liquids include water, Gatorade®, apple juice, black coffee, and soft drinks.
- Take your usual morning medications with a glass of water.

### During the Procedure

- You will arrive at the hospital and the nursing staff will get you ready for the procedure and sedation.
- You will meet your endoscopy physician to review things and answer any questions.
- The nurse may numb your throat with a spray to avoid the feeling of gagging.
- You will receive sedation during the procedure to keep you comfortable and relaxed.
- During the exam, a thin flexible tube with a camera will be used to inspect your esophagus, stomach, and the first part of your intestine. Interventions and tissue samples may be done during the procedure to help identify and treat any problems.

Upper endoscopy



### After the procedure

- You will need a driver to take you home after the procedure due to the sedation.
- You will recover from the sedation and the physician will review the results of the procedure with you.
- You will be allowed to eat and drink once the numbing sensation in the throat has worn off.
- Do not drive for 24 hours after the procedure due to the sedation medications.
- You may resume a normal diet.
- If you have any tissue sampling done during the procedure, the physician will typically send you a letter with the results in 1-2 weeks.

Please follow the instructions below carefully.

### **THE WEEK BEFORE YOUR PROCEDURE**

If you are diabetic, you will get instructions from your primary doctor on how to adjust your medication if needed. Contact their office for instructions.

If you are taking any blood thinning medications (Coumadin® (Warfarin®), Plavix® (Clopidogrel), Pradaxa®, Xarelto®, and Eliquis®) you will get instructions from your primary doctor on how to adjust your medication if needed. Contact their office for instructions.

In general, if you are taking Coumadin® (Warfarin®) you usually would need to hold your medication 4 days prior to reduce any bleeding complications.

### **THE DAY OF YOUR PROCEDURE**

You may take your usual morning medications with a glass of water 2 hours prior to your check-in time.

Do not eat any solid food for 8 hours before your procedure. Your stomach must be empty to allow us to perform the exam and get a good look. If you did eat something before the procedure, we may have to cancel or reschedule your exam.

Clear liquids are okay to drink until 2 hours prior to your arrival at the hospital.

Clear liquids are: water, tea, plain black coffee, pulp-free juice, Crystal Light®, Kool-Aid®, Gatorade®, soda, broth soups, Jell-o®, Popsicle®, hard candy and gum.

Stay hydrated and drink clear liquids throughout the morning if you have an exam later in the day.

If you have any questions or concerns on the prep of your EGD, call  
the Surgical Services direct line at (715) 284-3678.