

# Esophagogastroduodenoscopy (EGD)

## Preparing for your procedure

Your procedure is scheduled for: \_\_\_\_\_

DAY

DATE

Please check in at: \_\_\_\_\_ a.m./p.m.

Show your current insurance card and photo ID at check-in.

Doctor: \_\_\_\_\_

Following these instructions or your clinician's instructions exactly is important. If you don't prepare properly, your EGD may be canceled. Or you may have to prepare again for another EGD.

7 days before your procedure	1 day before your procedure
<ul style="list-style-type: none"><li>♦ Talk to your primary care clinician about stopping any:<ul style="list-style-type: none"><li>» Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin (Jantoven or Coumadin).</li><li>» Antiplatelet medications, such as clopidogrel (Plavix).</li></ul></li><li>♦ Ask your primary care clinician for instructions if you:<ul style="list-style-type: none"><li>» Take insulin for diabetes.</li><li>» Have heart valve disease or had heart valve replacement.</li></ul></li><li>♦ <b>Arrange for a ride home from a licensed driver after your procedure.</b> Don't take a bus, cab or ridesharing service unless an adult rides with you. Don't ride a motorcycle.<ul style="list-style-type: none"><li>» We strongly encourage your driver or another adult to stay during your appointment (usually takes about 2 hours).</li><li>» If your driver can't stay, we ask that they check in at the front desk with you. Your driver will need to provide their phone number before leaving and <b>must</b> return when called.</li></ul></li></ul>	<p><b>Don't eat anything after midnight</b> the night before your procedure.</p>
	Day of your procedure
	<ul style="list-style-type: none"><li>♦ <b>Don't eat any solid food. You may have clear liquids up to 6 hours before your procedure.</b> Clear liquids are liquids that look like colored water and you can see through at room temperature.</li><li><b>Don't drink any red or purple liquids.</b> The color may interfere with your procedure.</li><li>You may have any of the following:<ul style="list-style-type: none"><li>» Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer, Jell-O, Popsicles and hard candy</li><li>» Gatorade or Powerade noncarbonated sports drink—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don't use powdered Gatorade.</li><li>» Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)</li></ul></li><li>♦ Take morning medication with a small amount of water.</li><li>♦ Bring the following to your procedure: Health insurance card, photo ID, completed health history form, if requested</li><li>♦ Don't wear fragrant perfumes or lotions to your procedure.</li></ul>

**If you don't arrange to have an adult drive you, your procedure will be canceled.** Medications you receive during your procedure affect your ability to think clearly for many hours. This makes driving or traveling alone dangerous.

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## What is an EGD?

Esophagogastroduodenoscopy, also called *upper endoscopy*, is a procedure that helps diagnose and treat diseases of the esophagus (the tube through which food moves to your stomach), stomach and duodenum (first portion of the small intestine).

During an EGD, your clinician will pass a flexible scope through your mouth and throat into your upper digestive tract. This allows your clinician to examine the lining of your esophagus, stomach and duodenum, and to identify any abnormalities. Your clinician may collect tissue samples (biopsies) to send to the laboratory for testing.

## What happens during the procedure?

An IV will be placed in your arm to give you medications during your procedure. This medication relaxes you and minimizes any discomfort during your procedure.

Many people may not remember all or some of the procedure. You may fall asleep.

## What happens after the procedure?

You'll be taken to a recovery area where a nurse will continue to monitor you. You'll also be given care instructions to follow at home.

## What are the risks and side effects of an EGD?

Complications rarely occur. Some complications may include:

- Perforation (a tear) in the stomach lining
- Minor bleeding at the biopsy site
- Receiving too much sedation or having an allergic reaction to the sedative

## How do I get my results?

Your doctor may discuss the results of the EGD with you as soon as the procedure is completed. If you had a biopsy, your doctor will notify you of the results by letter in 14 days (or sooner if you need care right away) or online through MyChart if you have an active account.

## What about payment?

Contact your health insurance provider about your coverage and benefits for an EGD. Coverage and benefits depend on your insurance plan and the reason for the EGD.

