

Care Gram

Esophagogastroduodenoscopy (EGD)

Date of Test: _____ **Test Time:** _____

How the Test Works

- An EGD is a test of your upper gastrointestinal (GI) tract
- The doctor looks at the esophagus, stomach, and the duodenum (The duodenum is part of the small intestine)
- The doctor uses an endoscope, which is a narrow, flexible tube that goes through the mouth into the upper digestive tract
- It has a strong light and video camera used to look at the GI tract
- This test helps your doctor diagnose your illness and plan specific treatment

Allowing Time

An EGD test lasts about 10 to 15 minutes. Please allow more time for your entire visit due to the preparation and recovery.

One Week Before Your Test

The following medications and foods should be avoided:

- Aspirin and drugs containing aspirin - you may use Tylenol®
- Stop all arthritis medications - these include the following:
 - Diclofenac sodium
 - Etodolac
 - Flurbiprofen
 - Ibuprofen lysine
 - Indomethacin sodium
 - Ketorolac tromethamine
 - Mefenamic acid
 - Nabumetone
 - Naproxen sodium
 - Oxaprozin
 - Sulindac
 - Celecoxib
 - Valdecoxib
 - Diclofenac-Misoprostol
 - Diclofenac potassium
 - Fenoprofen calcium
 - Ibuprofen
 - Indomethacin
 - Ketoprofen
 - Meclofenamate sodium
 - Meloxicam
 - Naproxen
 - Naproxen-Liniment
 - Piroxicam
 - Tolmetin sodium
 - Rofecoxib
 - Phenylbutazone
 - Lansoprazole-Naproxen

If you are taking Coumadin® or diabetic medications, please notify your doctor prior to your procedure. Possible adjustments to your dose may be made.



**Licking Memorial
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The Day Before Your Test

- The day before the test, you may eat all of your regular meals.
- The night before the test, do not eat or drink anything after midnight. Your stomach must be completely empty for the best test and results.

On The Day of Your Test

- You may take blood pressure or heart medications. Be sure you have taken them at least 2 hours before the test with a small sip of water only.
- For your safety, please remove all jewelry and body piercings before the test. Please leave these things and other valuables at home (such as money, credit cards, and checkbooks). The GI Endoscopy lab cannot be responsible for any lost or misplaced personal items during procedures.
- You must have someone drive you home from the Hospital. The Hospital staff cannot allow you to drive after having a medication that makes you sleepy (sedation). By law, driving after sedation could be treated the same as driving under the influence. You also cannot go home alone by taxi.
- Have a mature adult stay at home with you for the first 24 hours after the procedure. This person can also contact the doctor or Hospital if you have any problems.
- Your procedure time may change due to emergencies or procedures that may take extra time. We make every effort to keep you informed of any changes. If you feel like you are waiting too long, please ask the staff to check for you.

Registration

Enter through the surgery entrance of the John and Mary Alford Pavilion and report to the Surgical Services registration desk on the second floor.

Before and During the Test

- Please leave valuables and jewelry at home
- Bring eye glasses if you need them to read, as you will be asked to sign a consent form
- You will be asked to change into a hospital gown and lie on the exam cart
- Your heart will be monitored, as well as your blood pressure, pulse, and oxygen level
- The nurse will start an IV
 - You may receive medicine to help you relax
 - You may have some amnesia effects, but you will not be asleep
 - You may also receive a spray to numb your throat
- You will begin the test by resting on your left side
- The doctor will insert the endoscope through your mouth into the esophagus, stomach, and duodenum (This tube is smaller than most of the food you swallow and will not interrupt your breathing)

After the Test

- You will be taken to the recovery area to be monitored for a short period of time
- You may feel drowsy
- You must have someone drive you home and they need to stay during your procedure due to the short length of stay
- You should not return to work until the next day

Call Your Doctor If You Have:

- Large amount of bleeding
- Fever
- Severe stomach pain
- Redness or soreness at the IV site for more than 2 days

Finding Out the Results

The doctor will go over the results of your test with you before you leave. If you have any questions about the results after you go home, feel free to call the office.

Appointment Reminders

- If you have any questions about your test or preparation, please call the doctor who has scheduled this test for you
- Report to the John and Mary Alford Pavilion 1 hour before your scheduled appointment