

# Care Gram

## Esophagogastroduodenoscopy (EGD)

**Date of Test:** \_\_\_\_\_ **Test Time:** \_\_\_\_\_

### What Is an EGD?

An EGD is a test of your upper gastrointestinal (GI) tract. The doctor will pass a narrow flexible tube (endoscope) through your mouth and into the upper digestive tract. The light source and small video camera on the tip of the tube is used to look at your GI tract.

This test can be used to:

- Diagnose certain esophageal and stomach problems
- Help detect and prevent certain esophageal and stomach cancers
- Plan for specific treatments
- Obtain a tissue sample (biopsy)

### Risks

Risks are rare, but could include:

- Side effects of medications used during the test
- Bleeding
- Perforation (puncture of the colon)

### 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

- Stop all arthritis medications – these include the following:
  - Diclofenac sodium
  - Etodolac
  - Flurbiprofen
  - Ibuprofen lysine
  - Indomethacin sodium
  - Ketorolac tromethamine
  - Mefenamic acid
  - Nabumetone
  - Naproxen sodium
  - Oxaprozin
  - Diclofenac potassium
  - Fenoprofen calcium
  - Ibuprofen
  - Indomethacin
  - Ketoprofen
  - Meclofenamate sodium
  - Meloxicam
  - Naproxen
  - Naproxen-Liniment
  - Piroxicam



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- Sulindac
  - Celecoxib
  - Valdecoxib
  - Diclofenac-Misoprostol
  - Tolmetin sodium
  - Rofecoxib
  - Phenylbutazone
  - Lansoprazole-Naproxen
- If you have trouble swallowing, avoid taking aspirin for 7 days prior to your test. You may use Tylenol<sup>®</sup>
  - **If you are taking blood thinners, such as Coumadin<sup>®</sup>, Plavix<sup>®</sup>, Xarelto<sup>®</sup>, Pradaxa<sup>®</sup>, Brilinta<sup>®</sup> or Eliquis<sup>®</sup> or diabetic medications, please notify your doctor prior to your procedure – the amount of medicine you take may need to be adjusted**

### 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, including no gum, candies, lozenges, mints or chewing tobacco.** 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. **Do not eat or drink anything else until after your test is complete, including no gum, candies, lozenges, mints or chewing tobacco.**
- For your safety, please remove all jewelry and body piercings before the test. Please leave these items 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

Your test will be scheduled at the Hospital or Tamarack Surgery Center. If your test is scheduled at the Hospital, enter through the surgery entrance of the John and Mary Alford Pavilion and report to the Surgical Services registration desk on the second floor. If your test is scheduled at the Tamarack Surgery Center enter through the outer doors and report to the registration area inside the second set of doors.

### 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

- The doctor will give you medicine to put you to sleep
- You will begin the test by resting on your left side
- You may receive a spray to numb your throat
- 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:**

- Vomiting of blood
- Fever
- Severe stomach pain
- Redness or soreness at the IV site for more than 2 days

**Finding Out the Results**

Most test results will be reviewed with you by the doctor before you leave. If you have any questions about the results after you go home, feel free to call the office. If biopsies are taken, the results should be available in 1 to 2 weeks. The office will contact you once the doctor has reviewed the biopsy results.

**Appointment Reminders**

- If you have any questions about your test or preparation, please call the doctor who has scheduled this test for you
- The nurse will call you the day before your scheduled procedure with your arrival time