

Digestive Health & Endoscopy Center,LLC
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TEACHING SHEET FOR UPPER ENDOSCOPY PROCEDURE (ESOPHAGOGASTRODUODENOSCOPY-EGD)

Upper endoscopy is a routine, outpatient procedure in which the inside of the upper digestive system (the pharynx, esophagus, stomach, beginning of the small bowel) is examined. Your doctor has recommended that you have an upper endoscopy (EGD), after his/her careful medical examination.

During the procedure, an endoscope (a long, thin flexible scope with a light on the end of it) is passed through your mouth and throat to examine the inside of the upper digestive tract. Abnormalities can be looked at and treated through the scope: polyps (small growths), can be seen and removed and tissue samples (biopsies) can be taken for analysis. If you have any difficulty swallowing, stretching of narrowed areas can be done to help ease that.

Let the doctor/nurse know such things as: if you have any allergies, if ever you were told to take antibiotics before a dental or surgical procedure, ever had endocarditis, an artificial heart valve, or rheumatic heart disease.

Your family member, significant other or driver may be asked to sit in the waiting room during the procedure. After the procedure you will go to recovery room, that is where your doctor will discuss the results of your procedure with you and if you choose, with your family member, significant other etc.

You will be asked to sign a consent form authorizing the doctor to perform this procedure. You are asked to wear a hospital gown, and remove dentures and glasses, if you wear them. An I.V. (intravenous) will be started in one of your arms. You will be lying on your left side during the procedure. A pain relieving medication (local anesthetic) may be sprayed to the back of your throat. A mouthpiece (bite block) is placed in your mouth, to keep your mouth open slightly during the procedure. You are given a pain reliever and a sedative intravenously (in your vein through the I.V. line). You will feel relaxed and drowsy. The doctor inserts an endoscope into your mouth, through your esophagus (the "food pipe" leading from your mouth into your stomach) and into your stomach. It does not interfere with your breathing. You will be able to breathe normal. The procedure lasts 15-20 minutes.

You will stay in the recovery room for about 45-60 minutes for observation. You may be drowsy. The nurse will take several blood pressure checks, offer you something to drink and give you and your family member, significant other or driver written discharge instructions. You may have a slight sore throat. Lozenges may help. Many people do not recall the procedure because of the sedation effects of the medication. Do not drive today or anything that takes alertness or concentration. Today is a day of rest.

A responsible adult must accompany you home. Do not drive or operate machinery for the remainder of the day.