

PATIENT EDUCATION

Esophagogastroduodenoscopy (EGD)

What is an EGD?

An EGD is an examination of the esophagus (swallowing tube from the mouth to stomach), stomach, and duodenum (upper part of small bowel). An EGD may be done for abdominal pain, vomiting, blood in stool, difficulty or painful swallowing, a history of ulcers, or a low hemoglobin.

How do I prepare for an EGD?

- Arrange for a driver, and someone to be with you for the day. You will not be allowed to drive if you receive sedation.
- All jewelry should be left at home.
- Be sure to let your provider know if you are pregnant before the day of the procedure.
- Be sure to follow the specific diet instructions given by your provider.
- Some of the medicine you take may need to be stopped or adjusted temporarily. You should discuss all blood thinners, insulin, or diabetes medications with the prescribing provider at least 2 weeks before the EGD. Do not stop these medications without the content of your provider.

What are the potential complications?

- Undesired effects from sedation.
- Bleeding.
- A tear in the wall of the esophagus, stomach, or small intestine.
- If you have any questions, please ask your provider.

What should I expect before the EGD?

- Your provider will explain the risks and benefits to you.
- You will sign a consent form for the procedure.
- A small IV will be put in a vein so sedation can be given during the procedure.
- Dentures and glasses will be removed prior to the procedure.

What should I expect during the EGD?

- You will lay on your left side.
- A small mouthpiece will be put between your teeth to protect your teeth and the endoscope.
- A Novocain type medication may be used in your throat to relieve the gagging feeling you may have during the procedure. This medicine will not interfere with your breathing.
- Oxygen will be given during the EGD.
- Your blood pressure, pulse, and oxygen levels will be monitored during the EGD.
- The stomach and duodenum are collapsed when they are empty. Your provider will put air into the stomach so the walls can be seen.
- Your provider may choose to take biopsies (small pieces of gastric tissue) during the procedure. Taking biopsies and removing polyps will not cause pain.
- If a narrowing is found, your provider may decide to stretch (open) the stricture.

What can I expect after the EGD?

- Your blood pressure, pulse, carbon dioxide, and oxygen levels will be monitored in the recovery area.
- Your family and friends can be with you after the procedure.
- You will have oxygen on for a short time during the recovery phase.
- You might feel bloating or cramping after the EGD because of the air that is put in your stomach and duodenum during the test. Passing the air will help this feeling go away.
- If you are taking Coumadin, Plavix, or other blood thinners, ask your provider when to restart those specific medications.
- The nurse will give you written discharge instructions before you leave.

When will I get my results?

- Your provider will tell you what was found before you go home.
- You will receive your biopsy results in the mail in two to three weeks.
- You may call your provider's office with any questions or concerns.