

Gastroscopy (EGD)

Gastroscopy

A gastroscopy (also known as an EGD) is an exam of the lining of your esophagus, stomach and duodenum.

Your esophagus is the tube that passes food from your mouth to your stomach. Your duodenum is the first part of your small intestine.

This exam is done by passing a flexible tube (a gastroscope) through your mouth into your stomach. The gastroscope is about the size of your little finger and it has a bright light on the end.

A gastroscopy takes about 15 minutes. You may be at the location for up to 2 hours.

One Week Before Your Exam

- Talk to your health care provider about the medicines you are currently taking. Tell them if you:
 - are taking warfarin (Jantoven[®])
 - are taking aspirin to treat a heart condition or stroke
 - are taking insulin or a diabetes pill. Your provider may want to change your dosages.

Your Exam

Date: _____

Location: _____

Time: _____ a.m. / p.m.

Doctor: _____

If you have questions about your exam, call:

- Arrange to have someone drive you home and stay with you for 12 hours after the exam. You will not be able to drive, take public transportation or return to work after your procedure.
- Do not take medicine that may thin your blood for 1 week before your exam. This includes:
 - products that contain aspirin or acetylsalicylic acid (another name for aspirin) such as Excedrin[®]
 - ibuprofen (Advil[®], Motrin[®], Nuprin[®])
 - naproxen (Aleve[®], Naprosyn[®]).
- You may take acetaminophen (Tylenol[®]). Follow the package directions.

(over)

3 Days Before Your Exam

- Stop taking sucralfate (Carafate®).

Day of Your Exam

- Do not eat, drink or smoke 8 hours before the exam.
- Take any regular medicines with a small sip of water the morning of your exam.
- You will be asked to wear a hospital gown, robe and slippers.
- A nurse will ask for your medical history.
- You will be asked to sign a consent form.
- If you are having this exam during a hospital stay, your health care team will give you directions.

During Your Exam

- This exam is painless.
- An intravenous (IV) line will be started in your hand or arm. You will be given a medicine (through the IV) to help you relax.
- Your doctor may spray a numbing medicine on the back of your throat.
- The nurse will watch your heart rate, blood pressure and oxygen levels.
- The gastroscope will be gently inserted down your mouth.
- The tube will be guided into your esophagus, stomach and duodenum. This will not affect your breathing.
- Your doctor may need to take small tissue samples (biopsy). This is painless. The tissue samples will be sent to the lab.

After Your Exam

- You will stay in the recovery area for 30 to 60 minutes. The nurse will monitor you. A family member or friend may also be with you.
- If you are having this test as part of your hospital stay, the nurse will take you back to your room.
- Before you leave, the nurse will give you a list of home care instructions. Follow the list carefully.
- For 12 hours after the exam:
 - Do not drive or use any machinery.
 - Do not make important decisions.
 - Do not drink alcohol.
 - Have a responsible adult stay with you.

When To Call Your Health Care Provider

Call your health care provider right away if you have:

- a temperature higher than 100 F
- pain in your chest or abdomen
- pain or problems swallowing
- any bleeding problems
- any questions or concerns.