

Preparing for your Esophagogastroduodenoscopy/ EGD Procedure

Esophagogastroduodenoscopy (EGD) is a procedure that allows your physician to view the upper gastrointestinal tract. This includes the esophagus, stomach and the duodenum which is the first part of the small intestine. This procedure is done using a tool called an endoscope, which is a long, thin, flexible tube containing a very small camera. This procedure is used to find problems such as ulcers, infections or growths. Your throat will be numbed with local anesthetic to stop any gag reflex or feeling of discomfort in your throat while swallowing the tube during your procedure. The procedure takes about 20 minutes.

Medications

- If you are taking Aggrenox, Brilinta, Clopidogrel, Coumadin, Effient, Eliquis, Elmiron, Persantine, Plavix, Pletal, Pradaxa, Savaysa, Ticlid, Warfarin or Xarelto, please call our office to discuss these medicines at least one week before your scheduled procedure.
- If you have diabetes and take insulin, please contact the provider that prescribes your diabetic medicine. You will need instructions on dosing changes before your procedure.
- You may take Tylenol and all other medicines that are not listed above.

The day of your procedure:

- No solid food after midnight.
- You may have clear liquids up to three hours before the procedure.
 - A clear liquid diet includes: water, tea, coffee (no milk/cream), Kool-Aid carbonated drinks (Coke, Pepsi, any diet), Jell-O, fruit ice, popsicles, clear broth, bouillon, juice (apple, white cranberry, and white grape), Crystal Light, Propel, Gatorade, hard candy and sugar (for coffee).
- **DO NOT** eat or drink anything colored red, blue or purple.
- You will need to bring someone who can stay during the procedure and drive you home.
 - Bring a driver with a valid driver's license.
 - We will not do your procedure if you do not have a ride home.
 - You cannot take a taxi home.
 - Spectrum Health endoscopy facilities require a urine pregnancy test on all women of childbearing age before any endoscopy procedure. Be prepared to give a urine sample when you arrive.

After your procedure:

- **DO NOT** stay home alone, use heavy machinery, drive or make legal decisions for the rest of the day.
- It will not be safe for you to return to work on the day of your procedure.
- You may resume your normal activities the following day.

Possible Risks

As with all medical procedures, there are possible risks involved with endoscopic procedures. These risks include:

- You may have a reaction to the medication given for sedation. You will be given a narcotic pain medication and a sedative that likely will cause you to forget what happens during the procedure.
- Bleeding may occur from a biopsy site or polyp removal.
- Perforation could occur and require a surgical repair. This is very rare.
- There may be a missed polyp or other abnormality.
- You may have inflammation at the IV site.