



Esophagogastroduodenoscopy (EGD, Upper GI Endoscopy)

| Testing Locations | | | | |
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| <p>Columbia St. Mary's Milwaukee 2301 N Lake Drive Milwaukee, WI 53211</p> | <p>Columbia St. Mary's Ozaukee 13111 N Port Washington Road Mequon, WI 53097</p> | <p>River Woods Outpatient Center 375 W. River Woods Parkway Glendale, WI 53212</p> | <p>Gateway Medical Clinic 801 S 70th Street West Allis, WI 53214</p> | <p>Sheboygan Outpatient Center 1414 N Taylor Drive Sheboygan, WI 53081</p> |

What is an Esophagogastroduodenoscopy (EGD)?

This is a diagnostic procedure that allows the Gastroenterologist to diagnose and treat problems in the upper GI tract. Common reasons to perform the procedure include:

- Abdominal/ Chest pain
- Gastroesophageal Reflux Disease (GERD)
- Nausea/vomiting
- Weight loss
- Swallowing difficulties
- Strictures
- Anemia
- Placing a percutaneous gastrostomy tube

The doctor uses a long, flexible, lighted tube called an endoscope. The endoscope contains a video camera and provides images to a large monitor allowing the doctor and staff to see your anatomy. The doctor can examine the esophagus, stomach, and duodenum (first part of the small intestine). The doctor can insert instruments through the endoscope to obtain tissue samples for biopsy, remove foreign objects, stop bleeding, and perform dilation.

What happens during the test?

- You will be asked to remove your clothing from above the waist, and will be provided with a hospital gown/bathrobe.
- A nurse will complete your admission process. The nurse will check your vital signs, listen to your heart and lungs, review your health history, and review your medications.
- An intravenous line will be placed, allowing the nurse to sedate you with a sedative and a narcotic when the time is right.
- You will be taken into the GI Lab Procedure room, and comforted with warm blankets as the staff attaches a blood pressure cuff, heart rhythm monitoring, and oxygen monitoring.
- The doctor will explain the procedure and will obtain your consent. You will have time to ask questions or talk about concerns.
- Dentures will be removed.

- You may receive numbing medicine to swallow to comfort the back of your throat and to minimize gagging.
- You will be positioned on your left side and sedation will begin soon after.
- You will have a bite block positioned in your mouth just prior to falling asleep. The bite block has a hole, allowing the doctor to advance the endoscope in your mouth as you sleep and relax your jaw on the plastic. The endoscope will travel through your esophagus, stomach, and duodenum. You will not feel any tissue removal if the doctor does biopsies.
- After the procedure, you will be taken to the recovery area. Recovery is typically one hour.

How do I prepare for the test?

- No solid food after midnight. No liquids by mouth 6 hours prior to your procedure.
- Find a responsible adult to drive you home after sedation.
- Plan on taking it easy once you get home. No driving, operating heavy machinery, going to work, or drinking alcoholic beverages until the following day.

Do I need to have someone drive me to and from the testing location?

Yes, you will need to have someone drive you to and from the testing location on the day of your exam. The medication that you will receive during your procedure will impair your ability to drive. If you plan to take a taxi, someone must accompany you.

Should I take my medications on the day of the test?

Please notify your doctor of all medications you take both prescribed and over the counter. Your doctor will instruct you on which medications you should take on the day of the test.

How long does the test take and how long will I be at the hospital or clinic?

The procedure takes about 30 minutes. You will be at the testing location one hour prior to your exam and about one hour after the exam. Plan to be at the facility approximately 3 hours.

Are there any instructions I need to have or follow after the test?

- The discharge nurse will inform you of any special instructions to follow based on your findings.
- You will be informed of when to resume any medications that may have been held.

How do I get my test results?

The doctor will tell you the preliminary findings before you leave the facility. However, due to sedation you are going to be forgetful and may not remember. You may choose to have the person driving you home hear the findings and discharge instructions. You will have written discharge instructions. Specimens sent to the lab take about 3-5 days to get results. Your doctor will send you a letter in the mail, and/or ask you to return for a follow up appointment in the clinic.

On the day of your test, please let your caregiver know about:

- Allergies
- Diabetes
- Blood thinners
- Cardiac/Respiratory disease
- Pacemaker/defibrillator

- Mobility issues
- Sleep apnea
- Recreational drug use
- Use of medications for pain, anxiety, or depression
- Pregnant/Nursing

Other Information I need to know:

- **Please follow all the test instructions to ensure that your test can be done as scheduled and with optimum results.**
- **Your appointment is very important to us. If you need to cancel, please notify us the day before your test or as soon as possible.**
- **If you have questions about the information in this guide or not sure which patient information guide is right for you, please call your doctor.**