

Having an EGD*: Upper Endoscopy

Your EGD will be performed by _____ (doctor)
on _____. Be at the Gastroenterology
check-in desk by _____ (time to arrive). Take elevator E to level 5.

Your driver must be with you. This is for your safety because we are going to sedate you (make you sleepy and relaxed). You will not be able to drive for the rest of the day.

Follow these instructions very carefully. If your “prep” is not correct and complete, a repeat EGD could mean extra cost for you. (*EGD stands for esophagogastroduodenoscopy (eh-**sof**-ah-goh-**gas**-troh-**dew**-oh-deh-NOS-koh-pee.) Learn more about it on p. 4.)

To cancel or reschedule your test

Call (608) 775-2702 or (800) 362-9567 ext. 52702 as soon as you know you cannot keep your appointment.

10 to 14 days before EGD

Check your insurance plan. Make sure EGD is covered. Will a co-pay or other pre-payment be due on the day of your procedure?

If you take a blood thinner.

- Arixtra[®] (fondaparinux)
- Brilinta[®] (ticagrelor)
- Coumadin[®] (warfarin)
- Effient[®] (prasugrel)
- Eliquis[®] (apixaban)
- Lovenox[®] (enoxaparin)
- Plavix[®] (clopidogrel)
- Pletal[®] (cilostazol)
- Pradaxa[®] (dabigatran etexilate)
- Xarelto[®] (rivaroxaban)
- Other _____

A nurse who assists the doctor who prescribes your blood thinner should call you. You will be told if and when to reduce your dose or stop taking these pills. If no one calls, **call your primary care provider for instructions.**

If you have Type 1 or Type 2 diabetes:

Call your doctor or diabetes educator **at least 5 days before** your EGD. Ask how to manage blood sugar and medicine during the procedure prep.

The night before your EGD

Do not eat any solid food after 5 p.m. From then until bedtime, you may only have these clear liquids:

- Water
- Popsicles[®]
- Kool-Aid[®] (not red or purple)
- Hard candy
- Jell-O[®] (not red or purple)
- Soft drinks - 7UP[®], Sprite[®] or cola
- Pedialyte or Gatorade[®]
- Clear, fat-free broth or bouillon
- Black coffee or tea (no milk or non-dairy creamer)
- Clear juices: apple and white grape

On the day of your EGD _____ (date)

Do not drink anything starting at _____ (4 hours before the time you must check in at the clinic).

When you come to the clinic

Plan to be here 2 to 3 hours. **Bring this booklet and:**

- **Insurance card(s)**
- **Your driver**
- Your current list of prescribed medicine, over-the-counter and herbal products. Include date and time of your last dose of each.

Leave jewelry, watch, phone and wallet at home or with your driver. We recommend you **use our free valet parking service.**

After the procedure, you will rest in recovery until the doctor comes to see you. You may have a mild sore throat. If you notice blood-tinged saliva, do not be alarmed.

It is normal to feel bloated for about an hour after your exam until air is expelled. You should not have chest pain or pain when you swallow.

Rules for safe recovery after sedation

Follow these rules until 6 a.m. the day after your EGD. You may feel tired, lightheaded or forgetful. Take it easy and rest. An adult should stay with you. When getting up, change positions slowly. Return to normal diet unless you are given other directions

- **Do not** drive or operate motorized equipment.
- **Do not** use tobacco or drink alcohol today.
- **Do not** sign papers or make major decisions.

You may begin taking prescribed medicine **except:**

- **Blood thinner** – Before you are discharged, you will be told when to restart this medicine.
- **Prescribed pain medicine** - Wait at least 4 hours after your procedure before you take a dose.

Call right away if you have:

- A firm, bloated belly
- Fever of 101° F or higher
- Vomiting
- Black or very dark stools
- Redness, warmth or swelling at your IV site even after you apply a warm, moist cloth.

8 a.m. to 5 p.m. weekdays (608) 775-2022 or (800) 362-9567, ext. 52022

After hours, weekends and holidays

Telephone Nurse Advisor (608) 775-4454 or (800) 858-1050

EGD video

Watching a 4-minute video is part of your prep. **If you have a MyCare account**, an email from donotreply@gundersenhealth.org will tell you to sign

in for a new message. A link is in the message. – or – Go to www.gundersenhealth.org/patiented and click on “Having an EGD: Upper Endoscopy”. You can also watch it while we get you ready.

Common questions

What if I have questions or problems at night or on weekends?

Call Telephone Nurse Advisor: (608) 775-4454 or (800) 858-1050

Can I take medicine on the day of my EGD?

Take only blood pressure or heart medicine with a few sips of water the morning of your procedure. Take other medicines **after** the EGD.

Will I meet with the doctor?

The doctor visits before and after your procedure.

Will I be asleep?

We give you just enough medicine for comfort and safety. You may or may not sleep.

Can I work after my EGD?

No, do not plan to work. Resume your normal routine the next day.

How will I feel the next day?

You can return to your normal routine.

Upper endoscopy (EGD)

An exam of esophagus, stomach and duodenum to find causes for:

- Swallowing problems
- Nausea
- Vomiting
- Reflux
- Bleeding
- Indigestion
- Abdominal pain
- Chest pain

It is also used to treat problems, such as bleeding. Your esophagus can be stretched (dilated) during the procedure if needed.

Risks

These things can happen, but they are rare:

- A hole or tear in the tissue may require surgery to repair.
- Aspiration (inhaling food or fluid into the lungs). To reduce this risk, follow instructions on page 1.
- Bleeding from biopsies or polyp removal site(s).
- Medicine given to you before and during the exam might cause:
 - Low blood pressure
 - Apnea (breathing stops for a short time)
 - Slow heart rate
- Skin may react where an intravenous (IV) line enters a vein.

Benefits

- EGD provides more information than x-rays and other tests.
- Problems are rare during this procedure.
- Your doctor can perform a biopsy.
- Esophageal dilatation can be performed while you are sedated.

Alternatives

- Have an upper GI x-ray series after you swallow barium.
- Take medicine for symptoms without knowing their cause.
- Choose not to have treatment.

Parking for Gastroenterology (GI) Procedures at Gundersen Lutheran Medical Center

For driving directions, use **Find a Location** on gundersenhealth.org

Follow medical center signs on South Avenue. Turn at 7th Street.

Take the first left. We recommend you use our free valet parking service. It is offered from 5 a.m. to 8 p.m. weekdays.

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This information is meant to inform and educate our patients. It supports the care you receive from your health care team. It does not replace medical evaluation, advice, diagnosis or treatment. Talk to your doctor or health care team before starting any new treatment.

Last revised 01/07/2020 PE 000229