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.

Read this entire booklet. Follow instructions for each day. **Do not eat or drink anything for 8 hours before the time written above.** This is required for a safe, thorough test. It is up to you to be prepared. We may cancel EGD if there is any food or liquid in your stomach or duodenum.

Your driver must be with you at check in. **If you do not have a driver, we cannot sedate you** (give you medicine to make you sleepy and relaxed).

(*EGD stands for esophagogastroduodenoscopy (eh-sof-ah-goh-gas-troh-dew-oh-deh-NOS-koh- pee.) Learn more about it on p. 5.)

If you have a MyCare account, you should have a “new message” alert. Sign in for links to this booklet and a required video. Take time to review both. Confirm you have all instructions needed to be fully prepared.

To cancel or reschedule your test
Call (608) 782-7300 or (800) 362-9567 as soon as you know you cannot keep your appointment.

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?
Only blood pressure or heart medicine with a few sips of water. Take other medicines **after** the EGD.

What about artificial nails and polish? You may wear artificial nails. However, you **must** remove polish from natural and artificial nails.
Will I meet with the doctor?
The doctor visits before the test and might stop by before you leave.

Will I be asleep?
We give you just enough medicine for comfort and safety. You may or may not sleep. Most people cannot recall what happens.

Can I work after my EGD?
You should not return to work that day. Medicines given during the test affect you for hours. You are likely to be tired, lightheaded and forgetful.

How will I feel the next day?
You can return to your normal routine.

Getting yourself ready
- Confirm schedule with your driver.
- Learn about EGD (p. 5) and watch a video (p. 6).

10 to 14 days before EGD
Check with your health insurance plan to be sure EGD is covered. Ask if a co-pay or other pre-payment is due on procedure day. If any of these apply to you, take steps now to reduce risk of:
- Excess bleeding
- Low blood sugar
- Heart problems

_____ I 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 ____________________
For your safety and to prevent last-minute cancellation: A clinic nurse who works with the doctor who prescribes and manages your blood thinner will call you at least 7 days before your EGD. You will be told if and when you should reduce the dose or stop taking blood thinner pills.

If you have **Type 1 diabetes** or use an **insulin pump** or **U-500 insulin** call your doctor or diabetic educator at least 3 days before your EGD. Learn how to manage blood sugar and medicine while you get ready.

**On the day of your EGD**

Do not eat or drink anything for 8 hours before you are scheduled to arrive. Plan to be at the clinic 2 to 3 hours. Bring this booklet, your driver, and:

- Insurance card(s)
- List of prescribed and over-the-counter medicine and herbal products

Leave jewelry, watch, phone and wallet at home or with your driver. Use valet parking or self-park in Parking-Green, the ramp beside Gundersen La Crosse Clinic. On Level 1, go through the long hallway to Elevator E. Go up to Level 5. Turn left as you leave the elevator. You **cannot** get to Gastroenterology check-in on elevators A, B or C.

**Before and during EGD**

A nurse will review your medical history and ask questions. You will put on a hospital gown and non-slip socks. Fluids will be started through a needle in your hand or arm. In the procedure room, you will be asked to sign a consent form. A small tube will be placed in your nose for oxygen.

You will lie on your left side on the exam table and be given medicine:

- To relieve pain and keep you comfortable
- To help you relax and feel sleepy
You will swallow a thin, flexible lighted tube called an endoscope (EN-doh-skope). Your throat may be sprayed with a numbing agent to help prevent gagging. The scope sends real-time images of the esophagus, stomach and duodenum to a computer. The doctor can look closely at the lining of these organs. Air may be blown through the scope to inflate the stomach for a better view.

EGD usually takes 20 to 30 minutes. It rarely requires a hospital stay. If needed, a small piece of tissue can be removed through the scope with tiny instruments. Polyps (small growths on the lining) can be signs of cancer or future cancers. Tissue that is removed (biopsy) is sent for testing.

Your esophagus can be stretched to ease swallowing if needed. This is called esophageal dilatation (ee-sof-ah-GEE-al di-la-TAY-shun).

**After the procedure**
You will rest in recovery until the doctor comes to see you. You may have a mild sore throat that lozenges and a pain reliever can soothe. If you notice blood-tinged saliva, do not be alarmed. It is normal to feel bloated for about an hour after your examination until air is expelled. You should not have chest pain or pain when you swallow.

**Rules for safe recovery**
Your driver will be given a pager while he or she stays in our waiting area. **This person must drive you home.** Your nurse will say when it is safe for you to leave. Medicine given during the EGD affects your body and mind for hours. **Follow these rules until 6 a.m. the next day.**

Expect some side effects. These will ease as you return to normal:
- Confused
- Tipsy
- Off balance
- Tired
- Dizzy
- Feel lightheaded or as if you are spinning

Move slowly when you stand up. Blood pressure may drop if you move too fast. You may feel sick or dizzy. You might throw up.

Return to normal diet step by step unless you are given other directions. Begin with soft foods. Add solid foods that do not cause pain.
**Do not** use tobacco or drink alcohol. Wait at least 24 hours. The sedative can react with alcohol and make you sick.

**Do not** drive a car, run a machine, ride your bike, take the bus or a plane. You cannot do things that require you to be alert.

**Do not** sign papers or make major decisions. You cannot trust your thoughts until medicine is out of your system. Wait at least 24 hours.

**Do not** lift heavy things, exercise, swim, jog, play sports or perform other vigorous activities.

You may resume taking prescribed medicine except:

- Blood thinner – Before discharge, a nurse will tell you when to restart.
- Prescribed pain medicine – If any of these are marked, wait at least 4 hours before you take a dose:
  - Versed®
  - Fentanyl
  - Demerol®
  - Other

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) 782-7300 or (800) 362-9567

**After hours, weekends and holidays**
Telephone Nurse Advisor  (608) 775-4454 or (800) 858-1050

**Upper endoscopy (EGD)**
An exam of the esophagus, stomach and duodenum used 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). Reduce this risk by not eating or drinking for 8 hours before your EGD.
- Bleeding from biopsies or polyp removal
- 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.

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**Required reading and viewing: Booklet and 4-minute video!**

If you have a MyCare account, an email will tell you to sign in for a new message. The message will include a link to the video.

Not enrolled in MyCare? We urge you to sign up! See p. 7.
No interest in MyCare? No problem. You can select Upper Endoscopy: EGD (video) on our website, www.gundersenhealth.org/patiented. If you cannot watch the video at home, come to one of our libraries. Call (608) 775-5995 or (800) 362-9567, ext.55995, from 8 a.m. to 4:30 p.m. to find the closest one. Or, watch it while we get you ready for your EGD.

MyCare
This secure website allows you to manage healthcare for yourself or your family. Anytime. Anywhere. At no charge to you. We urge you to be more involved in your care. Take a few minutes to sign up before your procedure. MyCare allows you to:

- Send non-urgent questions or requests to your primary care provider or specialists.
- View lab test results and learn what they mean.
- View MyCare accounts for your children, family members and others who give you permission.
- Schedule appointments.
- Request prescription refills.
- View lists of your allergies, medicine and immunizations.
- Learn about advance directives.
- Request a free appointment with an advance care planning facilitator.

You need a special 15-digit code to sign up. Find it in your most recent after visit summary or request it online:

- Go to mycare.gundersenhealth.org and click Sign Up Now. Under No Activation Code? - click Request Online.
- Fill in all required fields. We will e-mail your code to you.

From any computer, tablet or mobile device
Go to mycare.gundersenhealth.org. Click “Sign Up Now.”

No computer at home? Go to one of our libraries.
A librarian can help you set up your account 8 a.m. to 4:30 p.m. weekdays:
- John & Nettie Mooney Library – La Crosse (Level 1 – Hospital)
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.

- **Free valet parking** - Take the first left. A valet will come to your car. This service is offered from 5 a.m. to 8 p.m. weekdays.
- **If you prefer to self-park** – Use Parking – **Green**.