

# Preparing for Esophagogastroduodenoscopy (E.G.D)



## **What is EGD?**

The doctor has recommended that you have an E.G.D., or esophagogastroduodenoscopy. During this procedure, a flexible, fiber optic tube (gastro scope) is passed through the mouth into the esophagus and stomach and advanced to the beginning of the small intestine. The doctor will examine the various surfaces and identify any abnormalities.

## **What can I expect from the procedure?**

A needle for intravenous (IV) medications will be placed in your arm vein to allow the doctor to give you medication for the procedure. The medicine will make you relaxed and sleepy. Many people do not recall the procedure due to the effects of the medication.

For the procedure, you will lie on your left side, with a bite block between your teeth, to prevent damage to the gastro scope. Your throat will be sprayed with a medication to reduce your gag reflex, and then the doctor will insert the lubricated scope. As the scope advances to the back of your throat, you will be asked to swallow. The scope is smaller than most food you swallow, allowing it to pass down your esophagus without difficulty. You may feel some cramping or gas due to the air the doctor is putting into your stomach.

Often, a biopsy specimen (tiny bit of tissue) is taken for microscopic examination. You will not feel any sensation of discomfort when the biopsy is performed or the polyp is removed.

## **What can I expect after the procedure?**

After the procedure, you will be moved to the recovery area. You will probably feel drowsy and may sleep for a short time. You may notice some bloating from the air that was introduced during the procedure. You will feel more comfortable if you expel this air.

Before you leave, the doctor will discuss his findings with you. You will need someone to drive you home, due to the effects of the medication. The nurse will give you written instructions to follow when you get home.

## **What are the possible complications?**

Although endoscopy is a safe procedure, complications can sometimes occur. Bleeding, infection and tearing the lining or perforation of the g.i. tract are the reported risks. Sometimes polyps, or even tumors could be missed. These could require a repeat procedure or even surgical repair.

**For biopsy results:** Your doctor will send you a letter with the results in 2 to 4 weeks after the procedure.

If you haven't received a letter within 30 days, please give us a call at 805-898-3120.

## **Department of Gastroenterology**

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# Pre-Procedure Fasting Guidelines for morning EGD procedures



No food after **10:00pm** the evening before. You may have clear liquids up to 2 hours before the procedure, then nothing by mouth until after the procedure. Take your usual morning medications except insulin or oral hypoglycemic meds (for diabetes). If you need to take your medications and it is less than 2 hours until your procedure, take the medications with a half glass of water.

Please arrange for transportation on the day of your appointment. Because of the anesthesia medication you will receive, you cannot drive or operate heavy machinery for four to six hours afterwards. You must have a responsible adult to go home with you.

## Pre-Procedure Fasting Guidelines for Afternoon EGD Procedures

Per ASGE guidelines for safely preparing for EGD under conscious sedation, a patient can eat a **light meal** up to 6 hours prior to their procedure.

A **light breakfast** may include ONE of following items:

Small bowl of hot or cold cereal w/ low fat milk	1 piece of fruit
1 piece of toast with jam	A small glass of fruit juice
A small cup of low fat yogurt	1 cup of coffee or tea

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# Pre-Procedure Fasting Guidelines for morning EGD procedures



The timing of having a **light breakfast** 6 hours before your EGD procedure that is scheduled for any time after the noon hour would look like this:

Afternoon Appointment Time	Breakfast Item consumed BEFORE
12:00 pm	6:00 am
12:15 pm	6:15 am
12:30 pm	6:30 am
12:45 pm	6:45 am
1:00 pm	7:00 am
1:15 pm	7:15 am
1:30 pm	7:30 am
1:45 pm	7:45 am
2:00 pm	8:00 am
2:15 pm	8:15 am
2:30 pm	8:30 am

Clear liquids must be stopped 2 hours prior to scheduled appt. So, **nothing by mouth 2 hours prior to your appointment time.**

If diabetic gastroparesis or slow motility, remain NPO after Midnight; clear liquids up to 2 hours prior to procedure.

**Have questions? Please give us a call at 805-898-3120.**

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