

Upper Endoscopy (EGD)

How to prepare and what to expect

Your EGD procedure is scheduled for _____, _____, at _____
DAY DATE TIME

How to Prepare

7 Days Before	5 Days Before	On Procedure Day
<p>Date:</p> <ul style="list-style-type: none"> • If you take blood-thinning medicines such as Coumadin (warfarin) or Plavix (clopidogrel): <ul style="list-style-type: none"> - Call the doctor who prescribed these medicines. - Tell the doctor that you are having an upper endoscopy (EGD), and the date of your procedure. - Ask for special instructions for your blood-thinning medicines. • Cancellations: If you need to cancel or reschedule your procedure, please call 206._____. • Discharge and transportation: <ul style="list-style-type: none"> - An adult family member or friend must pick you up when you are ready to go home. You cannot drive, take a bus or taxi, or use a service such as Hopelink or Paratransit by yourself after your test. - Your test will be cancelled if you do not have an adult family member or friend to take you home. - We strongly advise that a responsible adult stay with you for the rest of the day. 	<p>Date:</p> <ul style="list-style-type: none"> • If you have diabetes: <ul style="list-style-type: none"> - Call the provider who manages your diabetes medicines. - Tell the provider that you are having an upper endoscopy (EGD), and the date of your procedure. - Ask for special instructions for your diabetes medicines. 	<p>Date:</p> <ul style="list-style-type: none"> • Do not eat anything after midnight the night before your procedure. • As soon as you get up in the morning, take your morning medicines with water. • Until 2 hours before your procedure, you can drink clear fluids (fluids you can see through). These include juice (apple, grape, or cranberry), broth, black coffee, tea without milk, sports drinks, soda, or Jell-O (green or yellow only). • Leave valuables at home, or keep them safe with your driver or escort <p>What to bring to your appointment:</p> <ul style="list-style-type: none"> • An adult family member or friend • A list of all medicines you currently take • Photo ID, insurance care, and co-pay, if needed <p>At the hospital:</p> <p>You must remove all jewelry and piercings before the procedure. If you can, leave all valuables at home, or give them to your family member or friend for safekeeping.</p>

Locations and Parking

Harborview Medical Center

GI Endoscopy Suite
Maleng Building, 8th Floor
410 Ninth Ave., Seattle, WA 98104
206.744.3519

Parking 24 hours a day, 7 days a week in the Ninth and Jefferson Garage (P2) off James and Terry.

University of Washington Medical Center

Digestive Health Center
Surgery Pavilion, 3rd Floor
1959 N.E. Pacific St., Seattle, WA 98195
206.598.4377

From N.E. Pacific St., follow signs to the Emergency Room. At the stop sign, turn left into the Surgery Pavilion Parking Garage. After parking, take the elevator to the 3rd floor. Turn right into the Digestive Health Center.

Northwest Hospital

1550 N. 115th St., Seattle, WA 98133
206.368.1770

The Endoscopy Procedure Suite is on the 1st floor of the main hospital, across from Starbucks.

Eastside Specialty Center

3100 Northup Way, Bellevue, WA 98004
425.646.7777

Free parking on site.

Seattle Cancer Care Alliance

825 Eastlake Ave. E., Seattle, WA 98109-1023
206.606.1329

The Procedure Suite is on the 2nd floor of the clinic.

What is an upper endoscopy?

An upper endoscopy lets your doctor look at the lining of your *esophagus* (the tube that goes from your mouth to your stomach), your stomach, and the first part of your small intestine.

During the exam, a flexible tube, about the width of a little finger, will be placed into your mouth and down into your stomach and small intestine. This tube will not get in the way of your breathing.

What to Expect

- You will receive a *sedative* (relaxation medicine) to help you relax. This medicine will be given to you through a small tube called an *intravenous* (IV) line placed into one of your veins.
- Most people fall asleep. But, if you do not fall asleep and are feeling some discomfort, we will do our best to help you be comfortable.
- If needed, your doctor may take small tissue samples called *biopsies*. You will not feel this because there are no nerve endings in that layer of tissue.
- Your doctor may also *dilate* (expand) narrow areas or stop bleeding inside your small intestine.
- This test will take only about 15 minutes, but you will be in the hospital longer than that, to allow time for you to prepare for the exam and recover afterward.

How do I get the test results?

When you wake up after the procedure, your doctor will talk with you about the results. If your results are not ready right after the exam, we will tell you when you can expect to receive them.

Questions?

Your questions are important. Please call if you have questions or concerns. Weekdays between 8 a.m. and 5 p.m., call the clinic where your EGD is scheduled. After hours and on weekends and holidays, call the Community Care Line at Harborview, 206.744.2500.