

# Patient Education

Digestive Disease Center

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## Your EGD

*How to prepare for your upper endoscopy*

### Directions:

- To park, follow the signs for the Emergency Room.
- At the fork, stay on your left to enter the Surgery Pavilion Parking Garage.
- Take the elevator to the 3rd floor.
- Turn right to the Digestive Disease Center.

Your appointment at the Digestive Disease Center, on the 3rd floor of the Surgery Pavilion, is on:

\_\_\_\_\_ at \_\_\_\_\_ .

### Follow These Instructions to Prepare for Your Exam

- Do not eat anything after midnight.
- As soon as you get up, take all your morning medicines with water.
- You can drink clear or transparent fluids such as juice (apple, grape, or cranberry), broth, black coffee, tea, lemonade, sports-drinks, soda pop, or Jell-O until 2 hours before your appointment time. After this time, do not drink anything.
- Bring a list of all medicines you take.
- Arrange for a responsible family member or friend to take you home. You cannot drive the day of your test. **Your test will be cancelled if you arrive without a responsible adult to drive you home.** Your family member or friend must be in our waiting room at the time of your discharge, about 1½ to 2 hours after your appointment time. You cannot take a taxi, a bus or use an escort service (like Hopelink) unless you have a responsible adult to ride with you.

### Special Instructions

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## Questions?

Your questions are important. Please call if you have questions or concerns.

Weekdays between 8 a.m. and 5 p.m., call the Digestive Disease Center at 206-598-4377.

After hours and on holidays and weekends, call the Community Care Line at Harborview Medical Center at 206-744-2500.

## What to Expect

You are scheduled for an EGD. This test allows your doctor to look at the lining of your *esophagus* (swallowing tube), stomach, and the first part of your small intestine.

The doctor will use an *endoscope* (a flexible tube about the size of a little finger), which is placed through your mouth and into the stomach and small intestine. The tube does not get in the way of your breathing.

You will receive a sedative through your vein. Most patients fall asleep during the test. Your doctor may take *biopsies* (tissue samples), dilate narrowed areas, or stop bleeding.

The test will only take about 15 minutes. But, your appointment will last 1½ to 2 hours, because of preparation and recovery.

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

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