Your EGD
How to prepare for your upper endoscopy

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

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.
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.