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Outpatient Upper Endoscopy – EGD (Esophago-Gastro-Duodenoscopy) Instructions

Your procedure is scheduled for _____, _____ at _____ AM/PM.
Please arrive 45 minutes early (_____) in order to register and prepare for your exam.
Per hospital policy, you will need an adult to drive you home as you will be given sedation for your procedure.

Diagnosis: _____

To ensure that the physician may make the most accurate inspection possible, **please read carefully** all the instructions TODAY and at least one week before your procedure and follow the instructions exactly. Failure to do so may result in the need to reschedule your procedure. If you have questions please call 312-695-4452 Monday – Friday, 8:00 am – 4:00 pm. After hours, we can be reached at 312-649-2535. **If you need to cancel, you must call with at least 48 hours notice in order to avoid a “no show” fee.**

ABOUT THE UPPER ENDOSCOPY (Esophago-Gastro-Duodenoscopy)

This procedure is a visual examination of the upper digestive tract (esophagus, stomach and duodenum) by a physician. A thin, flexible tube with a video camera at the tip is used to examine the upper GI tract. If necessary, a small piece of tissue (biopsy) can be removed for further examination under a microscope. You will be given an I.V. in the holding area. Immediately before the procedure begins you will receive I.V. medication for sedation. The test will take approximately 15 minutes to complete. After the procedure, you will be returned to the recovery area where you will be monitored up to one hour. Every effort will be made to keep your appointment at the scheduled time, but in medicine unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure. **You should not return to work until the day after the procedure.**

Someone must drive you home from the procedure, since I.V. sedation is used. If you have not arranged for someone to drive you home, your procedure may be cancelled. The person who signs you out must be with you on the unit before you can be released. You will not be able to drive, operate machinery, and make important decisions or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.

Make certain that all of your managed care documents are obtained from your primary care physician. It is the patient’s responsibility to contact his/her insurance company to pre-certify for the procedure, regardless of the type of insurance that you have.

The procedure will be done at the Galter Pavilion, 675 N. St. Clair St., on the 4th floor. You are reminded that you are to arrive 45 minutes prior to your scheduled examination.

REGARDING MEDICATION

Please bring a list of medication that you are currently taking. This list should include any herbal supplements, as well as all prescription medicines.

If you are affected by any of the conditions listed below, please follow these instructions carefully.

Diabetes	Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Inform your doctor that you will be on clear liquids the day prior to your procedure. Check your blood sugar frequently especially on the morning of your procedure.
Heart Valve Replacement or History of Endocarditis	Prophylactic antibiotics are no longer recommended for GI procedures according guidelines published by the American Heart Association in 2007.
Aspirin	It is desirable that aspirin be held for five days prior to your procedure. Please check with the physician who ordered your colonoscopy to see if this is permissible.
Coumadin, Plavix, Ticlid	Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your exam. If you take Coumadin, you may need a blood test two hours before your exam.
Lovenox	It is desirable that Lovenox be held the day before your procedure. Please check with the physician who ordered your colonoscopy to see if this is permissible.
Prednisone or other steroids	Take it before 7 a.m. with a sip of water on the day of the test.

RISKS OF UPPER ENDOSCOPY

Although upper endoscopy is a safe test, there are inherent risks with all medical procedures. These risks include, but are not limited to: 1) Risk of anesthesia reactions including cardiopulmonary complications. 2) Bleeding. 3) Perforation or puncture of the GI tract – a rare complication that occurs once in every several thousand procedures.

REMINDERS

1. Wear comfortable, loose fitting clothing that is easy to step into and out of. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables with you.
2. In order to perform a successful EGD, you should not eat or drink anything after midnight the night before your exam. Your stomach must be completely empty to get a thorough examination.

DIET

1. You may eat and drink normally until midnight before your procedure.
Note: If your test is scheduled for the afternoon, you may have clear liquids until 6 AM the morning of the test.
2. You may brush your teeth, but do not swallow any water.
3. You may take your medications with a small sip of water on the day of the test.