

# WASHINGTON GASTROENTEROLOGY

## Digestive Health Specialists Division

### EGD (Esophagogastroduodenoscopy)

#### IMPORTANT INFORMATION

Please read this information now so you will be prepared for your examination.

1. **Seven (7) Days Before Your Exam:**

- If you are taking blood thinner medications, have a pacemaker or defibrillator, call our office and speak to a nurse.
- Continue your other medications.

2. **Three (3) Days Before Your Exam:**

- If you have diabetes and are taking insulin, consult your diabetes physician for the correct dosage to take on the day of your exam.
- **YOU MUST ARRANGE WITH A DRIVER WHO WILL STAY WITH YOU AND DRIVE YOU HOME.** Please inform your driver this will take about 2 hours.

3. **On the Day Before Your Exam:**

- **STOP EATING FOOD** at midnight.
- **NO use of marijuana** (THC products) 12 hours before your procedure.

4. **On the Day of Your Exam:**

- **You may drink clear liquids and take your regular medications up until three (3) hours before your exam.**
- Stop drinking at \_\_\_\_\_, then nothing by mouth until after the exam. **DO NOT** use chewing tobacco, gum, lozenges, candy or breath mints.

5. **On the Day of Your Exam, Please Bring:**

- Medication list, including dosage
- Allergy list
- Medical problems and surgery list
- Insurance cards and photo ID
- Inhaler, if you use one

**APPROVED CLEAR LIQUID DIET LIST:**

- Clear fruit juices without pulp, water, tea, black coffee, low sodium clear broths, Jell-O™ in lemon, lime or orange flavors, popsicles, Kool-Aid™, Tang™, Crystal Light™, Gatorade™, soda pop.
- **NO FOOD PIECES, NO PULP, NO RED FLAVORING OR DYES.**

**Examination scheduled for:**

Day \_\_\_\_\_

Date \_\_\_\_\_

Arrival Time \_\_\_\_\_ AM / PM

Though the exam takes about 30 minutes, plan to be with us for about 2 hours.

**Your Examination Location:**

☐ **Fogel Endoscopy Center**

34503 9th Ave, S., Suite 240, Federal Way, WA 98003  
p. 253.838.9839

☐ **Peninsula Endoscopy Center**

2727 Hollycroft St., Suite 480, Gig Harbor, WA 98335  
p. 253.858.0112

☐ **Puyallup Endoscopy Center**

1703 S. Meridian, Suite 203, Puyallup, WA 98371  
p. 253.841.3933

☐ **Sunrise Endoscopy Center**

11216 Sunrise Blvd, E., Suite 3-201, Puyallup, WA 98374  
p. 253.770.3700

☐ **Waldron Endoscopy Center**

3209 S. 23rd Street, Suite 200, Tacoma, WA 98405  
p. 253.272.5127

☐ **Auburn Regional Medical Center - Admitting**

202 N. Division Street, Auburn, WA 98001  
p. 253.833.7711

☐ **Frank S. Baker Center - Gastrointestinal Study Unit**

316 MLK Jr. Way, Tacoma, WA 98405  
p. 253.403.1361

☐ **Good Samaritan Hospital - Admitting**

407 14th Ave, SE., Puyallup, WA 98371  
p. 253.697.4000

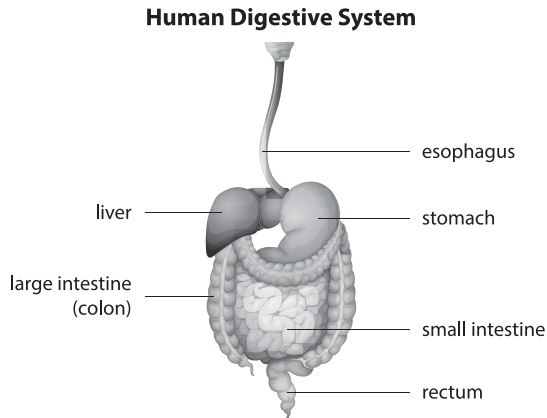
☐ **Medical Park at Covington - Patient Registration**

17700 SE 272nd Street, Kent, WA 98042  
p. 253.639.9660

# ESOPHAGOGASTRODUODENOSCOPY (EGD)

## EGD (ESOPHAGOGASTRODUODENOSCOPY)

EGD is an examination of the esophagus, stomach and duodenum. A narrow, flexible instrument called an endoscope is used. It allows better visualization than an x-ray in diagnosing problems of the upper gastrointestinal tract. The exam takes about 30 minutes.



## ON THE DAY OF YOUR EXAM

- Check in at the location indicated on the front side of this pamphlet.
- When you arrive, you will check in with the receptionist, who will verify and have you sign all your registration information, copy your insurance cards and photo ID, and collect any co-payments due.
- A nurse will discuss your medical history. Please let the nurse know if you are allergic to any medicines. The nurse will take your temperature, pulse, blood pressure, and will place a small intravenous (IV) catheter in your arm vein for sedative medications to be given.
- You will be asked about your transportation person. **YOU MUST HAVE A DRIVER ARRANGED WHO WILL STAY WITH YOU AND DRIVE YOU HOME.**
- You will be asked to sign a consent form authorizing the physician to perform the procedure.

## THE EXAMINATION

- Each step will be explained to you.
- First you will be asked to drink a small amount of medication to decrease the bubbles in your stomach.
- All dentures and eyeglasses will be removed. A nurse will help you get comfortable lying on your left side.
- A small mouthpiece will be placed between your teeth. You will be able to breathe normally.
- The doctor will help you to swallow the tip of the flexible endoscope tube. The lining of your esophagus (swallowing tube), stomach and duodenum (first portion of the small intestine) will be examined. A biopsy specimen (a tiny bit of tissue) may be taken for microscopic examination. You will not feel any sensation of discomfort when the biopsy is performed. Photographs may be taken.

- Gagging is minimized by the sedative medication. Some people experience mild discomfort swallowing the tube or from the air used to distend the stomach for complete viewing. Breathing deeply and slowly will help you relax.
- If bleeding from an ulcer is seen, it may be controlled by thermocoagulation (heat) and/or the injection of medication. If bleeding from dilated esophageal veins (varices) is found, a coagulating solution may be injected to shrink and collapse the veins (sclerotherapy). Narrowed areas (strictures) may be stretched with a dilator.

## RISKS

EGD is a very low risk procedure when performed by a competent specialist. However, all of the following complications are possible:

- Perforation (tearing) or bleeding of the gastrointestinal tract wall.
- Phlebitis of the vein due to irritation from the sedative medication at the injection site.
- Other risks include drug reactions or complications from other medical problems you may already have.
- Instrument failure or death are extremely unlikely but remain remote possibilities.

## AFTER YOUR EXAMINATION - BEFORE YOU GO HOME

- You will be observed closely by the nurses until you are awake.
- Many people do not recall any of the procedure because of the effect of the sedative medication.
- The doctor will speak with you before you leave.
- When the nursing staff assesses that you are ready to leave, you will be given final instructions.
- When you leave, **it must be with your transportation person.**

## AFTER YOUR EXAMINATION - AT HOME

- Do not drive, drink alcohol, sign legal documents or operate mechanical equipment until the next day.
- Do not drink alcohol for 24 hours.
- You may eat and resume your normal activities as you feel able, unless otherwise instructed.
- This procedure may preclude travel, strenuous exercise and heavy lifting.

## RESULTS

- Preliminary findings will be discussed with you after you are awake.
- A full report will be sent to your primary and/or referring physician.
- Biopsy and polyp results are usually available in 7-10 working days. At discharge you will be told how you will receive your results.
- Your primary and/or referring physician will receive a report from the laboratory.
- If you have any questions or concerns, please contact us before and after your examination. It is important to us that you understand the examination and the results.