

Upper Endoscopy (EGD)

An upper endoscopy (also called an EGD, gastroscopy or esophagogastroduodenoscopy) is an exam that can detect diseases of the esophagus, stomach and duodenum (top part of the small intestine). An EGD is used to find the cause of:

- Persistent nausea, vomiting.
- Heartburn or stomach pain.
- Ulcers or bleeding.
- Swallowing problems.

If you have any questions, please call your doctor's office or the GI Lab at 312-926-7614.

The test takes about 15 to 30 minutes. During the exam, a small flexible tube is inserted into the mouth, down the throat into the stomach and duodenum. At the end of the tube (endoscope) is a tiny video camera with a light. This exam may be more helpful than X-rays alone since the doctor:

- May actually view the area.
- Can take a small tissue sample (biopsy).

Before the Test

14 Days Before the Test

Talk with your doctor about your routine medications. It is important to tell the doctor if you:

- Are on any medications that thin the blood, such as anticoagulants, aspirin or non-steroidal anti-inflammatory drugs (NSAIDs).
- Are a diabetic or have problems with low blood sugar.
- Take antibiotics prior to certain medical procedures.
- Have an implantable cardioverter defibrillator (ICD).

Blood thinning medicines usually are stopped 7 days before the EGD. Diabetics need to follow their doctor's guidelines for how to adjust oral medications and insulin.

7 Days Before the Test

Follow your doctor's instructions on how to take:

- Anticoagulants or prescribed blood thinners.
- Any medications containing aspirin.
- NSAIDs including ibuprofen (Advil[®], Motrin[®]).

If you are unsure about the medications included in these groups, ask your doctor or pharmacist. Acetaminophen (Tylenol[®]) may be taken for minor pain.

48 Hours (2 business days) Before the Test

Please call 312-926-2950 to pre-register for your EGD. Have your medical insurance cards and Social Security number ready. If you need to cancel or change your appointment, contact your doctor's office. Be sure to complete the *Patient Questionnaire* form provided by your doctor.

Evening Before

The stomach must be fully empty for the EGD. If your exam is before 12 Noon, do not eat or drink anything **after midnight**.

Note: If the exam is after 12 Noon, **do not eat or drink 6 hours prior to your EGD**. You may drink small sips of water with needed medicines up to 3 hours before your test.

Day of the Test

Unless told otherwise, take all routine medications (except blood thinners, aspirin and NSAIDs) on the morning of your exam with water. Follow your doctor's diet guidelines. Remember that sips of water are allowed up to 3 hours before the exam. It is helpful to wear loose, comfortable clothes on the day of the exam. Be sure to bring the completed *Patient Questionnaire* form and a list of your current medicines (prescription and over-the-counter). A responsible adult must be available to take you home.

Please arrive at the Gastrointestinal Laboratory (GI Lab) 30 minutes before your test. It is located at the Galter Pavilion, 201 E. Huron St. Take the elevators to the 4th floor and go to the front desk check-in area.

Parking is available for patients and visitors in the garage at 222 E. Huron, across from the Feinberg and Galter pavilions. For discounted rates, please bring your parking ticket with you. Tickets can be validated at the Customer Services Desks on the 1st and 2nd floor of the Feinberg and Galter pavilions; 1st floor of Prentice (including the Prentice 24-hour desk near the Superior entrance).

After changing into a hospital gown, an IV (into the vein) line will be inserted into your hand or arm. The IV is used for giving medicine during the exam. The doctor will explain the exam and answer any questions you may have. You will be asked to sign a written consent.

During the EGD

Before the test begins, the nurse will assist you in lying on an exam table. Medications for pain and to help you relax are given through the IV. The doctor will spray your throat with a numbing medicine. Once the medicine starts working, the doctor slowly inserts the endoscope into your mouth and throat. This will not interfere with your breathing. You may feel like gagging. During the exam, you may feel bloating. This is due to the air used to expand the folds of the stomach for easier viewing. Many patients fall asleep during the exam. Your blood pressure, heart and respiratory rates and oxygen level are checked often.

Pictures of the esophagus, stomach and duodenum can be seen on a TV monitor. If polyps or abnormal tissue are noted, a biopsy may be done. A thin wire or looped device is inserted into the endoscope to remove a tissue sample or the entire polyp. If bleeding is found, a small laser probe or medicine can be used to stop the bleeding.

After the Test

The nurse will check you often for at least 1 hour after the EGD while the medicine wears off. You may have a mild sore throat and a bloating feeling, which is normal. The medication given during the test affects your judgment and reflexes. You may feel groggy. Do not drive or operate machinery until the next day. You must have a responsible adult take you home.

Unless you are instructed otherwise, you may resume your diet and routine medication after you leave the GI Lab. You will be given written instructions before you leave the GI Lab.

Test Results

The doctor will discuss the exam results with you or your family on the day of the test. A follow-up doctor's visit to go over your exam and biopsy results may be needed. Biopsy results usually are ready in about 5 to 7 days after your test.

When to Call the Doctor

After the exam, you may have a mild sore throat for up 2 days. This is normal. However, contact your doctor if you have:

- Difficulty swallowing or worsening throat pain.
- Severe abdominal or chest pain.
- Fevers higher than 100.5° F.
- Chills.
- Black or tarry stools.

Health Information Resources

For more information, visit one of Northwestern Memorial Hospital's Health Learning Centers. These state-of-the-art health libraries are located on the third floor of the Galter Pavilion and on the first floor of the Prentice Women's Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nmh.org.

For additional information about Northwestern Memorial Hospital, please visit our Web site at www.nmh.org.

Para asistencia en español, por favor llamar a el departamento de representantes para pacientes al 312-926-3112.

Northwestern Memorial is an equal opportunity employer that welcomes, respects and serves with dignity all people and does not discriminate, including in hiring, or employment, or admission, or access to, or treatment in its programs or activities on the basis of race, color, gender, national origin, religion, disability, handicap, age, Vietnam or other veteran status, sexual orientation or any other status protected by relevant law. To arrange for TDD/TTY, auxiliary aids and foreign language interpretation services, call the Patient Representative department at 312-926-3112, TDD number 312-926-6363. Issues related to the Rehabilitation Act of 1973 should be directed to the director of Employee Relations or designee at 312-926-7297.

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