

ESOPHAGOGASTRO- DUODENOSCOPY (EGD)

What you need to know before your procedure

Please report to the registration desk in the Endoscopy Unit, Level 0 of St. Joseph's Hospital – Grosvenor Entrance 2 on Grosvenor Street.

On: _____

Arrive at: _____

Doctor: _____

- 1) Sedation will be used so please arrange for a family member or friend to accompany you home. YOUR DRIVER MUST REMAIN IN HOSPITAL DURING YOUR STAY. IF YOU DO NOT HAVE SOMEONE TO ACCOMPANY YOU YOUR TEST WILL HAVE TO BE CANCELLED. You may be ready for discharge 1-3 hours after arrival. You must not drive or operate machinery for at least 12 hours after sedation.
- 2) If you require assistance with personal care, please arrange for someone to be with you.

*Please bring a list of ALL medications *Please leave all jewelry at home

*Please do not wear any perfumes/colognes

Your Medications

- If you are taking PLAVIX (clopidogrel) or TICLID (ticlopidine) contact your family physician or the specialist who placed you on the medication at least one week before your appointment to discuss whether it is SAFE for you to stop these medications in preparation for your procedure. If SAFE stop these medications one week prior to your procedure. If it is not SAFE for you to stop the medications contact the physician who is doing the procedure.
- If you are taking anticoagulants (blood thinning medication eg.Coumadin/warfarin fragmin (Dalteparin), Pradax (Dabigatran), low molecular weight heparin) contact your doctor who is doing your procedure at least one week before your appointment to discuss the dosages and arrangements to come in early for a blood test the day of the procedure if necessary.
- If you are taking Insulin or other medication for diabetes, discuss with your family doctor the dosages to be taken the day of your procedure.
- All medications other than those mentioned above can be taken as usual with sips of water before 8:00 a.m. the day of the procedure.

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What preparation is required?

Nothing to eat or drink after: _____

- For the best possible examination, your stomach must be completely empty.
- You should have nothing to eat or drink after midnight the night before your procedure.
- If your procedure is after Noon, you may have a clear liquid breakfast (eg. juices, black tea/coffee, consommé, jello, koolaid, water, NO MILK) before 8:00 a.m. and then nothing by mouth until the procedure is done.

Prior to the day of your appointment notify the doctor who will be doing your procedure if you have a Pacemaker, Implanted Cardiac Defibrillator or other Implanted Electronic Devices.

What is an EGD?

A long flexible tube, approximately the size of your little finger, is passed through the mouth and by the back of the throat into the upper digestive tract. The doctor examines the lining of the esophagus, stomach and duodenum (the first portion of the small intestine).

Abnormalities suspected by x-ray can be confirmed and others may be detected which are too small to be seen on x-ray. If the doctor sees a suspicious area, he can pass an instrument through the endoscope and take a small piece of tissue (a biopsy) for examination in the laboratory. Biopsies are taken for many reasons and do not necessarily imply cancer.

Other instruments can be passed through the endoscope without causing discomfort, including a small brush to wipe cells from a suspicious area or a wire loop to remove polyps (abnormal growths of tissue).

What should you expect during the procedure?

Your doctor will give you medication through a vein to make you relaxed and sleepy and your throat will be sprayed with a local anaesthetic spray. While you are lying in a comfortable position the endoscope will be inserted through the mouth. The tube will not interfere with your breathing. Gagging is usually prevented by the medication.

What happens after EGD?

You will stay in the endoscopy unit until most of the effects of the medication have worn off. Your throat may be a little sore for a couple of hours. Drinking extra fluids and using throat lozenges will help relieve the discomfort. If the soreness persists, contact your family doctor.

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You may feel bloated right after the procedure because of the air that is introduced while examining your stomach.

You will be able to resume your usual diet after the procedure unless instructed otherwise.

Are there any complications from an EGD?

EGD is safe and associated with very low risk when performed by physicians who have been specially trained and are experienced in such procedures. Complications can occur but are rare.

One possible complication is perforation in which a tear through the wall of the esophagus or stomach may allow leakage of digestive fluids. This complication may be managed simply by aspirating the fluids until the opening seals, or may require surgery.

Bleeding may occur from the site of a biopsy or polyp removal. It is usually minimal but rarely may require transfusions or surgery.

Localized irritation of the vein may occur at the site of medication injection. A tender lump may develop and remain for several weeks to several months but will eventually go away. Contact your family doctor with any concerns.

Other potential risks include drug reactions and complications from unrelated diseases such as heart attack or stroke. Death is extremely rare but remains a remote possibility.

If you experience problems please contact the office of your physician through the hospital switchboard at 519-646-6000.

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