



**PALM BEACH**  
**GASTROENTEROLOGY**  
**CONSULTANTS, LLC**

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**EGD**  
**(ESOPHAGOGASTRO-**  
**DUODENDOSCPY)**

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The physicians and staff of Palm Beach Gastroenterology Consultants welcome the opportunity to provide you with the most up-to-date and personalized care available in the diagnosis and treatment of digestive system disorders.

Your doctor's decision to perform this procedure was based upon his/her assessment of your particular problem. If you have any questions about your procedure, do not hesitate to discuss them with your doctor. Both of you share a common goal- your health- and it can be achieved through mutual trust and understanding.

**ESOPHAGOGASTRODUODENOS**  
**COPY (EGD)**

This is an examination of the upper digestive tract by a flexible tube called an endoscope. The endoscope will allow direct visualization of the lining of your esophagus, stomach and duodenal portion of the small intestine.

EGD can diagnose ulcers, gastritis, tumors which can cause bleeding and pain. It is also used for taking biopsy specimens, removing foreign objects (coins swallowed by children), polyps, to control bleeding and to open strictures (narrow areas).

**WHAT TO EXPECT**

An EGD may take anywhere from 10 to 20 minutes. You should allow yourself approximately 2 hours total time at the office/hospital. Preparation for the procedure

by the nursing staff will take approximately a half of hour. You will be given a gown to wear. We recommend that you wear loose fitting clothes the day of the day of the procedure. You are discouraged from bringing valuables with you. You will be transported by stretcher to the procedure room.

Intravenous sedation will be given. You will be positioned on your left side and a mouthpiece will be put in place. The endoscope is inserted through the mouth and each part of the esophagus, stomach and duodenum is examined. The endoscope will not interfere with your breathing. Gagging is usually prevented by medication. Air inserted during the procedure may cause you to belch. When the procedure is completed, you will rest until the sedation wears off. Your pulse and blood pressure will be monitored during and after the endoscopy. Your throat will be a little sore and you may feel some "gassiness" and fullness in the abdomen after the procedure because of the air that was introduced to examine your stomach.

Your doctor will tell you the results of your EGD. General findings are usually available when sedation wears off. Biopsy results take several days. You will be given a list of instructions before you leave.

## **RISK OF THE PROCEDURE**

An EGD is safe and associated with very low risks when performed by physicians who have been specially trained and are experienced in this endoscopic procedure. But there is some risk to everything we do from stepping out of the bathtub to driving a car to the doctor's office. Specifically, there is a slight chance of having an allergic reaction to the medication used during the procedure. One possible complication is perforation in which a small tear through the wall of the stomach may allow leakage of digestive fluid. This complication may be managed simply by aspirating the fluid until the opening seals or it may require surgery.

Bleeding may also occur from the site of the biopsy or polyp removal. It is usually minor and stops on its own or can be controlled by cauterization through the gastroscope. Rarely, transfusions or surgery may be required. We would not be suggesting this procedure to you if we felt its risks were greater than the risks of not getting the desired information about your stomach or carrying out the necessary treatment through the gastroscope. Every possible precaution will be taken to minimize the possibility of any complication.

## **PREPARATION FOR EGD**

It is extremely important that you follow our instructions. Food or liquids in your stomach during the procedure could be dangerous. You may vomit and possibly aspirate the liquid into your lungs. If you forget and eat or drink anything, please tell the nurse.

- **FEW DAYS before**, please arrange for someone to drive you home. Even though you may not feel tired, your judgement and reflexes may not be normal. You MUST have someone to drive you home safely; they may bring you to the office, leave and return later.

### **Day of procedure:**

No solid foods after midnight the night before the procedure. You may have clear liquids until 4 hours before the procedure.

\*If applicable, -If you are on medications for your blood pressure or heart, please take your medication at least 2 hours prior to procedure being performed and only drinking a **sip** of water to swallow your pills.