

*Follow these steps to help ensure a successful procedure...*

**1** Answer the pre-procedure screening questions located to the right.

**2** Verify insurance benefits We highly recommend you contact your insurance company to verify your coverage and network status. The phone number for Member Services should be on the back of your card.

**3** Arrange for transportation following your procedure; you will not be permitted to drive afterwards because of the sedation used during the procedure.

**4** Stop all iron supplements, aspirin or other pain medication (except Tylenol®) for 5 days before your procedure or as directed by our office. You may be given further instructions following your procedure.

**5** Follow the prep instructions located to the right. *It is very important that you are properly prepared for this examination to avoid the risk of complication or having to reschedule your procedure.*

**6** Arrive (1) hour prior to your appointment time. You will be notified of any change in your appointment time at least 24 hours in advance.

**7** Call Northland Gastroenterology at 218-724-3411 with any questions or concerns.

# Preparing for your EGD

## (esophagogastroduodenoscopy)

### **Introduction**

Your physician has requested an examination called an upper endoscopy. The purpose of this examination is to allow direct viewing inside the upper gastrointestinal tract, which includes the esophagus, stomach, and duodenum (the uppermost part of the small intestine).

The endoscopist (ideally a board-certified gastroenterologist) uses an endoscope, a thin, flexible tube, and instruments that fit through it, to:

- Look for or biopsy ulcers, inflammation, or tumors
- Remove foreign objects or polyps
- Stop upper intestinal bleeding
- Expand narrowed areas

For more information about the EGD procedure including pictures and diagrams, please visit the *Patient Education* page of our website at [www.northlandgastro.com](http://www.northlandgastro.com).

### **Pre-procedure screening questions:**

#### **Yes No**

- Do you have a history of heart valve surgery/replacement?
- Do you have diabetes? If yes, you must be scheduled early in the morning. *Do NOT take insulin, diabetes pills or eat until after the examination.*
- Are you taking aspirin\*, anti-inflammatory pain relievers, Coumadin®, or other blood thinners? If yes, you will be given stop and start times. *\*Daily 81-mg aspirin is ok to continue.*
- Are you allergic to any medications?

*If you answered “Yes” to any of the above questions, please call 218-724-3411 for further instructions.*

### **Five (5) days before your procedure:**

- √ Stop all iron supplements.
- √ Follow special medication instructions given by our office based on your answers to the pre-procedure screening questions above.

### **The evening before your procedure:**

- √ **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**

### **The day of your procedure:**

- √ Regular medications may be taken as directed by our office up to (2) hours before your appointment and with just enough water to swallow comfortably.
- √ No diabetes or blood thinning medications.
- √ Nothing to eat or drink until after your procedure.
- √ Arrive one hour prior to your procedure time at the location indicated on your registration letter from Northland Gastroenterology, PA.
- √ If you are scheduled at the Lakewalk Surgery Center, please visit our website at [www.northlandgastro.com](http://www.northlandgastro.com) to view the *Ownership Disclosure* notice to patients.

# EGD: Why am I having one? What can I expect?

## How is an EGD (esophagogastroduodenoscopy) performed?

During an upper GI endoscopy, a flexible fiberoptic tube (endoscope) is passed through the mouth and throat into the upper digestive tract. This procedure allows the doctor to examine the lining of the esophagus (food tube), stomach and duodenum (the first portion of the small intestine) and to identify any abnormalities.

## What can I expect?

Please arrive an hour before your scheduled procedure to allow adequate time for registration and nursing staff to prepare you for the procedure. You will be asked to sign a consent form authorizing the doctor to perform the procedure. The total time from registration until the time you are ready to leave will be about 2 to 2-½ hours.

All dentures and eyeglasses must be removed prior to the start of the procedure. You may prefer to remove contact lenses at this time also.

A needle for intravenous (IV) medicines will be placed in your arm vein prior to the procedure. Medicine will be injected through this needle that will make you sleepy and relaxed. Your doctor may also spray your throat or ask you to gargle with a numbing medicine. As you lie on your left side, the doctor will place a small mouthpiece between your teeth. You will be able to breath normally.

The doctor will then help you to swallow the flexible endoscope tube, he will then examine the lining of the esophagus, stomach and duodenum. A biopsy specimen (a tiny bit of tissue) may be taken for microscopic examination. You will not feel any sensation or discomfort if a biopsy is performed.

Many people do not recall any of the procedure because of the effect of the medicine. After the procedure, you will probably feel drowsy and may sleep for a short time.

## Procedure results and additional instructions

After recovery, the doctor goes over the results with you. It may be necessary to call you at home with the results if a biopsy was performed. *If you do not hear from us within 7 days, please phone our office for the results.* Before you leave, a surgical nurse or technician provides post-procedural instructions.

## Restrictions

During the first 24 hours following your procedure you should avoid:

- Driving or operating motorized vehicles. **You will not be permitted to leave alone following your procedure.** Please arrange now for a competent adult to accompany you home.
- Drinking alcoholic beverages.
- Making important decisions or signing legal documents.

## Side effects

You may have a mild sore throat after the procedure. Throat lozenges will help soothe your sore throat. It is normal to feel bloated for about one hour after the procedure until the air is expelled.

## Potential serious complications

**ANESTHESIA:** There are very rare complications associated with the sedating medications, which include a slowing of respirations and/or a drop in blood pressure. For these reasons, continuous monitoring of your blood pressure, pulse and oxygen level is necessary during the procedure.

**UPPER ENDOSCOPY:** Serious complications with upper endoscopy are uncommon but include bleeding, especially after biopsy or removal of a polyp. Rarely, a perforation or tear in the wall in the upper gastrointestinal tract can occur. Both of these complications would require hospitalization and possible surgery.

***Please call our office immediately at 218-724-3411 or go to your nearest hospital emergency room if you experience bleeding or persistant pain following your procedure.***

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