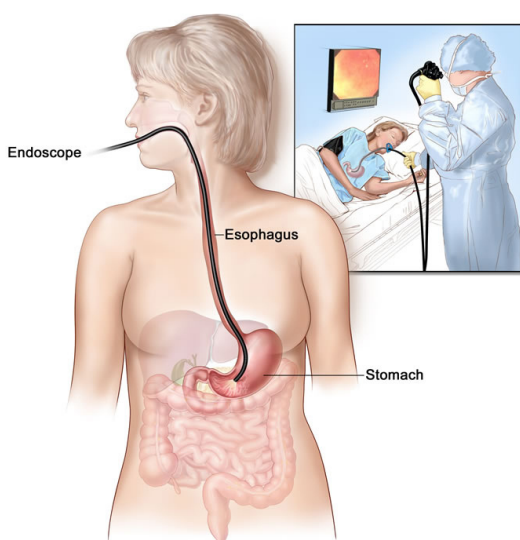


Esophagogastroduodenoscopy (EGD)



What is 'Esophagogastroduodenoscopy'?

Esophagogastroduodenoscopy ('e-SAH-Fuh-go-GAS-troh-doo-ah-den-OS-koh-pee') is also called EGD. It is a test used to allow a doctor to look inside your esophagus, stomach, and duodenum (first part of the small intestine). It can be used to help diagnose the reasons for problems with swallowing, nausea, vomiting, reflux (backward flow of liquid from the stomach into the esophagus), bleeding, indigestion, abdominal or chest pain.

What will the test tell me?

EGD can be used to help diagnose the reasons for swallowing problems, nausea, vomiting, reflux, bleeding, indigestion, abdominal or chest pain.

Who will perform the test?

A thoracic surgeon usually performs the test.

Where will the test be done?

The test will be done at the Thunder Bay Regional Health Sciences Centre as an out-patient. You will return home after the test.

How do I prepare for the test?

- Do not eat or drink for 6 to 12 hours before the EGD. If you have diabetes, ask your doctor what you may have to eat or drink before the exam.
- Stop smoking for 12 to 24 hours before the exam, or stop as directed by your doctor.
- Arrange for someone to drive you home after the test.
- Read and sign a consent form.
- Empty your bladder before changing into your hospital gown.

Is there anything my doctor should know before the test?

Tell your doctor about:

- Medications you use, including inhalers and over-the-counter items such as pain medication (i.e. Aspirin, Tylenol, Advil), vitamins and herbs.
- Any allergies to latex, tape, or any medications.
- Any lung problems you have had.
- Whether you are pregnant.

Will the test be painful?

You may also be given medication to help you relax during the test. The medications may be given by IV (intravenous) line. The doctor will numb your throat with a special spray to help prevent gagging. If the doctor takes a biopsy, you might feel pressure or slight tugging. This does not usually hurt.

What will happen during the test?

The EGD will take about 20 to 30 minutes. You will be on a table with your head raised. Or, you may sit in a special chair. Oxygen may be given through a soft nasal clip. The room may be darkened.

The doctor will insert an endoscope into your mouth. An endoscope is a thin, flexible, lighted tube. You may feel a gagging sensation. To help relieve this feeling, you may be told to swallow or take deep breaths. You will be able to breathe even with the tube in place. You will not be able to talk.

The doctor can see abnormalities that do not show up well on x-rays. The doctor can also remove small tissue samples for further testing (biopsy).

What will happen after the test?

You will be given instructions to follow after your exam.

To avoid choking, spit out any saliva in your mouth. After the procedure, your gag reflex will return. However, until it does, do not eat or drink anything until the medication fully wears off. Try to avoid coughing or clearing your throat.

When will I know the results of the test?

The doctor will discuss the test results at your next visit.

Are there any side-effects to the test?

After the procedure, you may feel tired for a day or so and have general muscle aches. Your mouth may feel very dry for several hours after the procedure. You may also have a sore throat and some hoarseness for a few days. Sucking on throat lozenges or gargling with warm salt water may help soothe your sore throat. If a biopsy was taken, it is normal to spit up a small amount of blood after the procedure.

Will I require any special care after the test?

You will be in Recovery for 2 to 3 hours after the procedure.

Following the EGD:

- Do not eat or drink anything for about 2 hours, until you are able to swallow without choking. After that, you may resume your normal diet, starting with sips of water.
- Spit out your saliva until you are able to swallow without choking.
- Do not smoke for at least 24 hours.
- If a biopsy was done, do not clear your throat or cough vigorously for several hours.
- You may require a ride home.

Is there anything I should report to my surgeon after the EGD?

Contact your surgeon if you have any of the following symptoms:

- Shortness of breath.
- Bleeding from your nose or throat.
- If you have chest pain or severe shortness of breath, call right away.
- Shakes or flu like symptoms.



THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE
SURGICAL DAY CARE

SELF CARE FOLLOWING GASTROSCOPY, ESOPHAGOSCOPY, ESOPHAGEAL DILATATION

ACTIVITY: Medication you received during your procedure will continue to make you feel drowsy or slightly dizzy for several hours. Because of this, it is very important that you do not drive any kind of vehicle for the remainder of the day. You should be in the care of an adult as long as you feel the effects of the medication.

DIET: The medication that was sprayed in your throat will interfere with your ability to swallow safely for a short time after your procedure. The nurse will give you something to eat and drink before you go, when the effects of the spray have worn off. Should you choose to leave prior to the spray medication being worn off, the nurse will instruct you and your family when you can eat and drink safely. Resume your normal diet unless otherwise instructed.

MEDICATION: You may receive a prescription for medication that your physician feels is important to your treatment. Be sure you understand how to use this medication correctly. You may resume all pre-procedure medications unless told otherwise.

Call your physician or go to the Emergency Department if you have any of the following:

- Spitting up large amounts of blood.
- Increase in pain or a change in location of pain.
- Chills or fever over 38.5 C (101 F) when you take your temperature with a thermometer.

Dr. Gehman will talk to you prior to your discharge and go over his findings and future plans.

Your physician may be reached at the office – 345-4337.