

UPPER GI ENDOSCOPY (EGD) PREPARATION INSTRUCTIONS

WHAT IS AN UPPER GI ENDOSCOPY (EGD)?

- Upper GI endoscopy, or esophagogastroduodenoscopy (EGD), is a visual examination of the lining of your esophagus, stomach and the first portion of the small intestine. During the test, an endoscope, which is a long, flexible instrument that has a light and a camera at the tip, will be passed through the mouth. The doctor will view the endoscopy on a television screen and look for any abnormalities that may be present.
- Upper GI endoscopy usually is performed to evaluate and treat ulcers in the stomach and intestine, tumors of the esophagus and stomach, difficulty swallowing, upper abdominal pain or indigestion, and intestinal bleeding. If necessary, biopsies (tiny tissue samples) may be taken painlessly during the examination and sent for laboratory analysis. Polyps (abnormal growths of tissue) also may be removed and bleeding areas may be identified and treated.

PREPARING FOR AN UPPER GI ENDOSCOPY (EGD)

Food and Drink

- In order for your doctor to perform an adequate and safe examination, the upper gastrointestinal tract must be clear. Therefore, please do not eat or drink any solid foods eight (8) hours prior to your examination. You may have clear fluids up to three (3) hours prior to your examination. Clear fluids include coffee (please do not add milk), tea (please do not add milk), soft drinks, clear soups, sports drinks such as Gatorade or Powerade and apple or white grape juice.

Medications

- Continue to take your medications as usual, even on the day of your examination, unless instructed otherwise by your doctor. Medicines taken the day of the examination should be taken with a small sip of water. If you are a diabetic, please consult with your physician prior to the examination about your medication schedule. You may continue to take aspirin prior to your procedure unless instructed otherwise.
- If you take medications to thin your blood or antiplatelet medications such as Coumadin (warfarin), Lovenox (heparin), Plavix (clopidogrel), Pradaxa (dabigatran), Eliquis (apixaban), Effient (prasugrel), Xarelto (rivaroxaban) or Savaysa (edoxaban), please contact your physician or health care provider for further instructions. Please bring a list of your current medications with you on the day of the procedure.
- You should inform your doctor if you
 - Have allergies or reactions to medications
 - Usually take antibiotics for dental procedures
 - Are taking aspirin, arthritis medicines, or blood thinners



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- Have a blood disorder where you bleed easily
- Think you may be pregnant

Clothing

- Dress comfortably in clothing that can be folded. Please do not bring jewelry or other valuables with you.

Companion

- By New York State regulations, a companion (adult 18 years or older) must be available to accompany you home after the procedure, since the sedation you receive may impair your reflexes and judgment. Your procedure will be canceled if a companion is not available.

THE PROCEDURE

- At the beginning of your appointment, you will be brought into an assessment area, where the doctor and/or nurse will explain the procedure and answer your questions. At that time, you'll be asked to sign a consent form giving your permission to have the procedure performed. You will also meet with an anesthesiologist who will be responsible for sedating you during your procedure and watching your breathing and heart rate. You will be asked to change into a hospital gown and remove your eyeglasses and contact lenses.
- You will then be taken to a procedure room, where you will be asked lie on your left side in a comfortable position and will be given medication through an injection into a vein to make you sleepy and relaxed. You also may receive a topical anesthetic to numb your throat.
- The doctor will then pass the endoscope through the mouth and into the esophagus, stomach and intestine. The endoscope will not interfere with your breathing.
- The examination generally takes 15 to 30 minutes. Depending on what your doctor sees, he or she also may obtain a biopsy or remove polyps. Removed tissue and polyps are sent to the laboratory for analysis. These additional steps do not usually cause discomfort.

POST-PROCEDURE

- After the upper GI endoscopy, you will remain in the recovery area for about 30 minutes until the effects of the sedating medication wear off. You may experience some bloating due to air that was added through the endoscope during the examination; this air will quickly pass.
- If you received a topical anesthetic for your throat, you may not eat or drink anything for one hour after the test, until your swallowing mechanism has returned to normal.



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- Before you are discharged, your physician will discuss the examination results and follow-up plans, and you will be given discharge instruction information.
- A companion must be available to accompany you home from the procedure, since the sedation may impair your reflexes and judgment. For the remainder of the day you should not drive a car, operate machinery, or make important decisions.

RISKS OF UPPER GI ENDOSCOPY

- Upper GI endoscopy is a rather common examination that is usually performed on an outpatient basis. Complications are rare (less than one in 1,000 examinations).
- However, complications such as reactions to medication, perforation (tearing) of the esophagus, stomach and intestine, as well as bleeding, may occur; these may necessitate urgent treatment or surgery.
- Inform your doctor immediately if you have any severe pain, black tarry stools, persistent vomiting, or fever/chills in the hours or days following upper GI endoscopy.

WHERE TO GO

- Procedures are scheduled at:

Mount Sinai Hospital
1184 Fifth Avenue
7th Floor
New York, New York 10029

Mount Sinai St. Lukes Hospital
1111 Amsterdam Ave.
Stuyvesant Bldg, 4th Floor
New York, New York 10025

Endoscopy Center of New York
201 East 93rd Street
New York, New York 10128

Mount Sinai West
1000 10th Avenue, 5th Floor
New York, New York 10019

- Make sure you know where your procedure will occur
- Please arrive 1 hour in advance of your scheduled procedure time to allow for completion of the necessary paperwork.
- Please bring a photo ID
- Please bring a current insurance card, if applicable.
- If for any reason you need to cancel your procedure, please call 212-659-8770. You must call at least 48 hours in advance to allow other patients to be scheduled for procedures.



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