

INSTRUCTIONS FOR Upper Gastrointestinal Endoscopy (also called EGD: EsophagoGastroDuodenoscopy)

READ ALL INSTRUCTIONS CAREFULLY

REPORT TO:

REPORT TO the Endoscopy Lab, Mission Hospital Regional Medical Center, 27700 Medical Center Road, Mission Viejo 92691

Date _____ **Arrival Time** _____

- 1) If you are taking **blood thinning medicines like Coumadin (Warfarin), Pradaxa, Xarelto or Plavix**, please consult your doctor. You may need to stop these medications for up to 7 days prior to your procedure.
- 2) Do not eat or drink (except for your usually prescribed pills) after midnight on the night before your test and please eat **NO BREAKFAST** on the morning of your examination.
- 3) **MEDICATIONS**
 - (a) **On the evening prior to your examination:** Take your usually prescribed medications.
 - (b) **On the morning of the procedure:** Take your usually prescribed medications with water before 6 AM. If you are a **DIABETIC**, please discuss with your doctor scheduling this test, what you should do with your insulin on the morning of the procedure.
- 4) **Arrive for Endoscopy at your scheduled time.**
- 5) You will probably require some medication by vein for the procedure to relax you. This medication may make you sleepy for a few hours. If you receive this medication you will be required to remain here at the Endoscopy Center for 1 to 2 hours after the procedure is completed for observation.
- 6) If you receive this relaxing medication by vein, you cannot safely drive yourself home after the test. Therefore, plan on having someone bring you to the Endoscopy Center and return you home after the procedure. Likewise, you should not plan on operating any heavy or dangerous machinery until the day after the procedure.
- 7) Wear loose comfortable clothing. Please wear or bring a pair of socks with you.



If there are any questions regarding the procedure or its scheduling, please call our office at (949) 365-8836.

At least 2 days PRIOR to the procedure
Call Mission Hospital at 949-364-1400, Ext. 1810 to PREADMIT

Upper Endoscopy

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National Digestive Diseases Information Clearinghouse

National
Institute of
Diabetes and
Digestive
and Kidney
Diseases

National
Digestive
Diseases
Information
Clearinghouse

2 Information Way
Bethesda, MD
20892-3570

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(301) 654-3810

Fax:
(301) 907-8906

E-mail:
nddic@info.niddk.nih.gov

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Upper Endoscopy

Upper endoscopy enables the physician to look inside the esophagus, stomach, and duodenum (first part of the small intestine). The procedure might be used to discover the reason for swallowing difficulties, nausea, vomiting, reflux, bleeding, indigestion, abdominal pain, or chest pain. Upper endoscopy is also called EGD, which stands for esophagogastroduodenoscopy (eh-SAH-fuh-goh-GAS-troh-doo-AH-duh-NAH-skuh-pee).

For the procedure you will swallow a thin, flexible, lighted tube called an endoscope (EN-doh-sko-pe). Right before the procedure the physician will spray your throat with a numbing agent that may help prevent gagging. You may also receive pain medicine and a sedative to help you relax during the exam. The endoscope transmits an image of the inside of the esophagus, stomach, and duodenum, so the physician can carefully examine the lining of these organs. The scope also blows air into the stomach; this expands the folds of tissue and makes it easier for the physician to examine the stomach.

The physician can see abnormalities, like ulcers, through the endoscope that don't show up well on x-rays. The physician can also insert instruments into the scope to remove samples of tissue (biopsy) for further tests.

Possible complications of upper endoscopy include bleeding and puncture of the stomach lining. However, such complications are rare. Most people will probably have nothing more than a mild sore throat after the procedure.

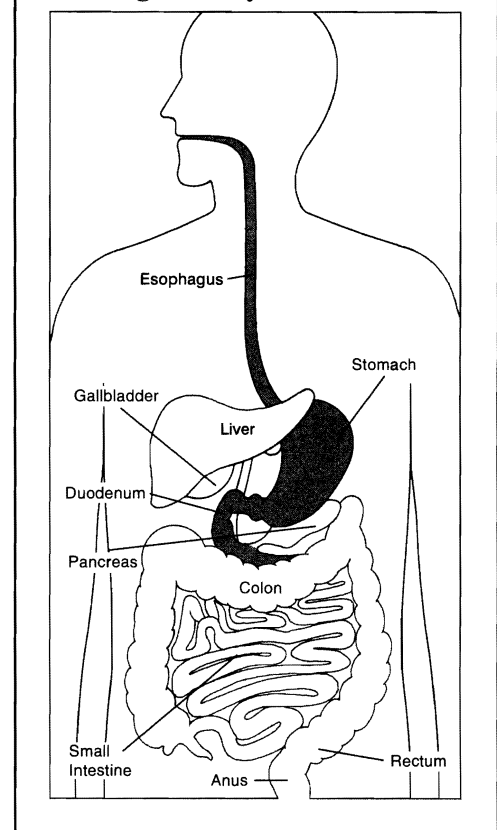
The procedure takes 20 to 30 minutes. Because you will be sedated, you will need to rest at the physician's office for 1 to 2 hours until the medication wears off.

Preparation

Your stomach and duodenum must be empty for the procedure to be thorough

and safe, so you will not be able to eat or drink anything for at least 6 hours beforehand. Also, you must arrange for someone to take you home—you will not be allowed to drive because of the sedatives. Your physician may give you other special instructions.

The Digestive System



Your physician has fact sheets on other diagnostic tests:

- Colonoscopy
- ERCP
- Lower GI Series
- Sigmoidoscopy
- Upper GI Series



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National Institutes
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Campus MAP

Mission Conference Center

26726 Crown Valley Parkway

Medical Office Buildings 1,2,3

27800 Medical Center Road

CHOC Children's at Mission Hospital

27700 Medical Center Road
5th Floor of Tower 1

Mission Medical Plaza

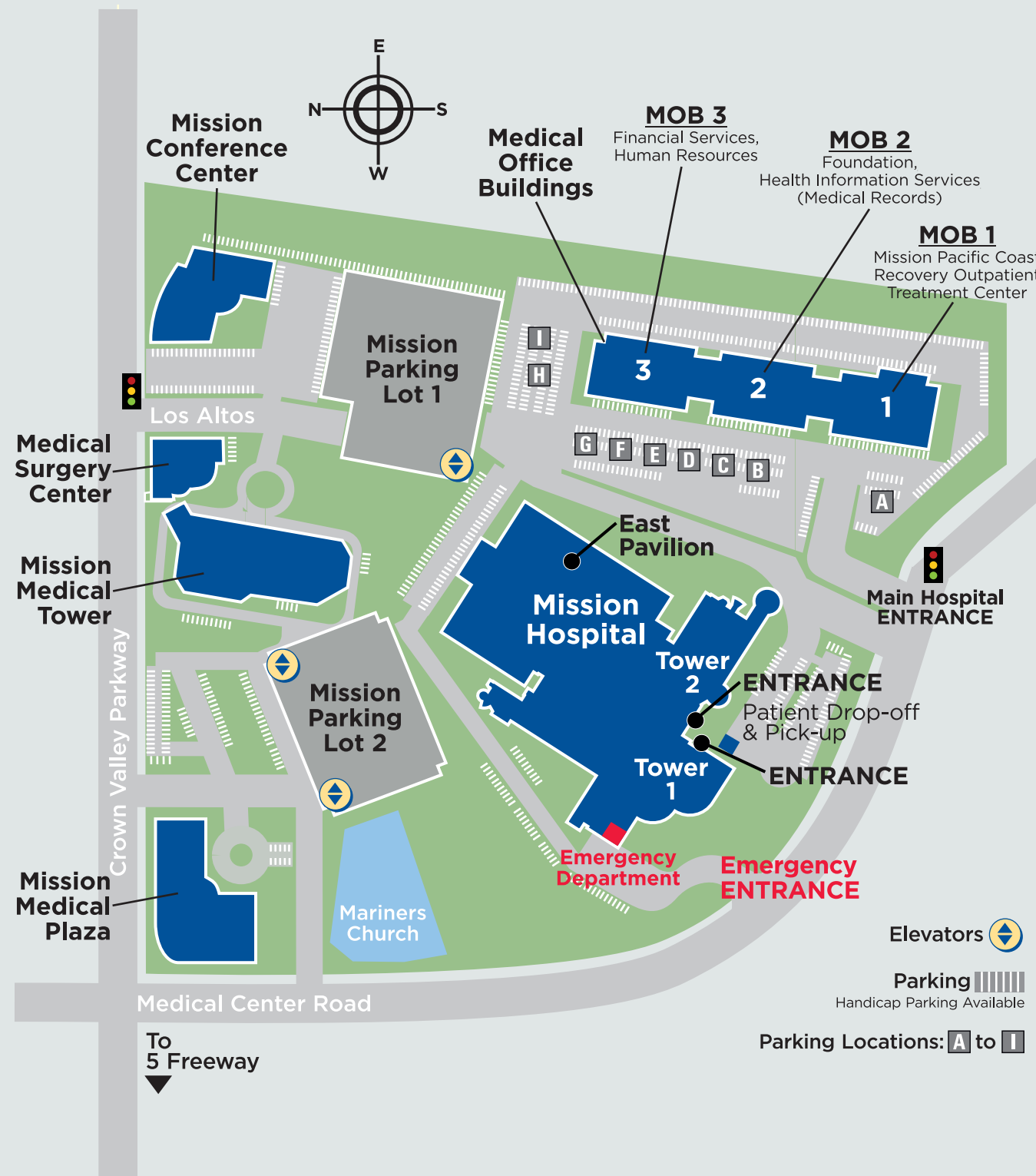
26800 Crown Valley Parkway

Mission Medical Tower

26732 Crown Valley Parkway

Mission Surgery Center

26730 Crown Valley Parkway



Important Numbers

Billing / Credit and Collections
(800) 378-4189

CHOC Children's at Mission Hospital
(949) 347-8400

Health Information Services
(Medical Records)
(949) 364-7724

Interpreter Services
(949) 364-1400, ext. 0

Main Number
(Operator)
(949) 364-1400

Find a Physician/Class Information
(877) 459-3627

Security
(949) 364-1400, ext. 5000

St. Joseph Health

Mission Hospital

A member of the St. Joseph Hoag Health alliance

27700 Medical Center Road
Mission Viejo, CA 92691
mission4health.com

103/GT/BM/0415

Campus MAP



St. Joseph Health

Mission Hospital

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Mission Hospital

Patient Rooms

- 1 Main Registration
- 2 Outpatient Testing
- 3 Emergency Department
- 4 CHOC Children's at Mission Hospital
- 15 Chapel and Schumacher Healing Garden
- 16 Mission Advanced Imaging Center
- 21 Surgery Waiting Room
- 22 Film Library
- 23 Crean Cardiovascular Lab
- 24 Surgery Pre-Op / Post-Op
- 25 Surgery Pre-Op Waiting Room
- 26 Cardiology
- 27 Blood Donor Services
- 28 EEG / Pulmonary Lab
- 29 Endoscopy / GI
- 30 Swenson Family Pediatric Operating Pavilion
- 31 Medical Telemetry Unit
- 32 Acute Rehabilitation Unit
- 33 Same Day Care Unit Waiting Room
- 34 Nuclear Medicine

Using This Map

Circled numbers indicate departments and services and match internal hospital signs.

- # Tower 1
- # Tower 2
- # Pavilion 1st Floor



For the safety of your loved one, please obtain a visitor badge at the General Information **i** desk in either Tower 1 or Tower 2.

Please use elevators to access basement and upper floors.

- i** General Information
- Restrooms
- Coffee Cart
- ATM
- Public Elevators
- Gift Shop
- Telephone

TOWER 1

Basement

Garden Café

2nd Floor

Bender Birthing Suites 1 – 16
 Obstetrics High Risk Suites 17 – 21
 Moiso Mother-Baby Suites 255 – 277

3rd Floor

Family Lounge / Resource Library
 Oncology/Medical Unit 3 West 301 – 327
 Surgical Unit 3 East 351 – 377

4th Floor Muldoon Cardiac Center

Cardiac Telemetry Unit 401 – 427
 Cardiac Intensive Care Unit 1 – 28

5th Floor CHOC Children's at Mission Hospital

Neonatal Intensive Care Unit
 Pediatrics Short Stay Unit 501 – 516
 Pediatric Intensive Care Unit
 Ronald McDonald Family Room

TOWER 2

Neuroscience & Spine Institute

2nd Floor

Pre-Op and Post-Op Surgery

3rd Floor Zimmer Neuroscience Wing

Surgical Intensive Care Unit (SICU) 1 – 21

4th Floor

Progressive Care and Stroke Unit
 (PCSU) 2-401 – 2-425

PAVILION

31 Medical Telemetry Unit
 Medical Telemetry Unit 130 – 149

32 Acute Rehabilitation Unit
 Acute Rehabilitation Unit 104 – 114

33 Same Day Care Unit
 Same Day Care Unit 151 – 170