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.

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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

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-skope). 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.