

Gastroscopy (EGD)

Gastroscopy

Your doctor wants you to have a gastroscopy (EGD). This exam lets your doctor look at your esophagus, stomach and duodenum. Your esophagus is the tube that passes food from your mouth to your stomach. Your duodenum is the first part of your small intestine.

The exam takes five to 10 minutes.

Preparing for the Exam

- Do not eat any solid food after midnight prior to your EGD. You may have clear liquids until two hours before the time you arrive for your exam.
- If you regularly take aspirin or other anti-inflammatory medicines (Advil®, Motrin®, etc.), you should stop taking them for seven days before your EGD.
- If you are on blood-thinning medicines (Coumadin®, warfarin, etc.), you need to ask your doctor when you should stop taking them.
- Medicines you take for blood pressure control, heart problems, seizure disorders or breathing problems should be taken as usual on the morning of your exam. Ask your doctor any questions you may have about medicines you take or about adjusting doses.
- Three to five days before the exam a nurse will call you to tell you what time to arrive at the Medical Center. He or she will ask you some health-related questions during the call.
- If you do not receive a call regarding the time to arrive for the exam, please call the Medical Center at 763-688-7935 between 7 a.m. and 4 p.m. Monday through Friday.
- If you will have an EGD as an outpatient, you **must** have someone drive you home afterward. If you do not have a driver, you cannot have the exam.

Day of the Exam

- Report to the Nurse's Station in the Short Stay Department. You can park on the west side of the Medical Center in Parking Lots 7 or 8.

During the Exam

- You will be asked to wear a gown and robe and slippers (either your own or paper slippers).
- A nurse will ask for your medical history.
- You will be asked to sign a consent form.
- An intravenous (IV) line will be started in your hand.
- You will be given a medicine (through the IV) to help you relax.
- The doctor will spray a numbing medicine on the back of your throat.
- Your heart rate and oxygen levels will be watched.
- The doctor will put a gastroscope — a thin, flexible scope (the size of your little finger) — down your mouth into your esophagus, stomach and duodenum. This will not affect your breathing.
- The doctor can take tissue samples by using the gastroscope. This is painless. The samples will be sent to the lab.

After the Exam

- If you are an outpatient, you will be in the recovery area until you are ready to go home. This usually takes about one hour. During that time, a nurse will watch you.
- Before you leave, the nurse will give you a list of home care instructions to follow. Please follow the list carefully.

For more information, call the office of the doctor who will do the exam, or call the Operating Room desk at 763-688-7935 and ask to speak to a nurse.



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