Care Gram

Esophagogastroduodenoscopy (EGD)

Date of Procedure: _____ **Procedure Time:** _____

What Is an EGD?
An EGD is a procedure to look at your upper gastrointestinal (GI) tract including the mouth, stomach, and duodenum (first part of the small intestine). The doctor will pass a narrow flexible tube (endoscope) through your mouth and into the upper GI digestive tract. The light source and small video camera on the tip of the tube is used to look at your GI tract.

This procedure can be used to:
- Diagnose certain esophageal and stomach problems
- Help detect and prevent certain esophageal and stomach cancers
- Plan for specific treatments
- Obtain a tissue sample (biopsy)

Risks
Risks are rare, but could include:
- Side effects of medications used during the test
- Bleeding
- Perforation (hole) of the digestive tract lining
- Food from the stomach getting into the lungs

Allowing Time:
An EGD lasts about 10 to 15 minutes. Please allow more time for your entire visit due to the preparation and recovery.

Two Weeks Before the Procedure
Do not take:
- Ashwagandha
- Valerian root

One Week Before the Procedure
- Do not take:
  - GLP-1 or any weight loss medications
  - Trulicity® (dulaglutide) injection
  - Mounjaro® (tirzepatide)
  - Ozempic® (semaglutide)
  - Fiber supplements
  - Iron supplements
  - Fish oil supplements
  - Metamucil

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- Stop all arthritis medications – these include the following:
  - Diclofenac sodium
  - Diclofenac potassium
  - Etodolac
  - Fenoprofen calcium
  - Flurbiprofen
  - Ibuprofen
  - Ibuprofen lysine
  - Indomethacin
  - Indomethacin sodium
  - Ketoprofen
  - Ketorolac tromethamine
  - Meclofenamate sodium
  - Mefenamic acid
  - Meloxicam
  - Nabumetone
  - Naproxen
  - Naproxen sodium
  - Naproxen-Liniment
  - Oxaprozin
  - Piroxicam
  - Sulindac
  - Tolmetin sodium
  - Celecoxib
  - Rofecoxib
  - Valdecoxib
  - Phenylbutazone
  - Diclofenac-Misoprostol
  - Lansoprazole-Naproxen
- If you have trouble swallowing, avoid taking aspirin for 7 days prior to your test. You may use Tylenol®
- **If you are taking blood thinners, such as Coumadin®, Plavix®, Xarelto®, Pradaxa® Brilinta®, or Eliquis® or diabetic medications, please notify your doctor prior to your procedure – the amount of medicine you take may need to be adjusted**

Three Days Before the Procedure

Do not take:

- Jardiance
- Farxiga

The Day Before the Procedure

☐ You may eat all your regular meals.

☐ **The night before the procedure, do not eat or drink anything after midnight, including no gum, candies, lozenges, mints, or chewing tobacco**. Your stomach must be completely empty for the best test and results.

On the Day of the Procedure

- Take any prescribed heart or blood pressure medications on the morning of your procedure with a sip of water at least two hours before your scheduled arrival time.
- **Except for the medicines listed above, do not eat or drink anything for four hours prior to the procedure until it has been completed, including no gum, candies, lozenges, mints, or chewing tobacco.**

Do not forget:

- Insurance cards and ID
- Responsible adult to drive you home and stay with you after the procedure – if you do not bring someone with you, your procedure will be cancelled
- Eyeglasses, if needed
- Leave all valuables at home

Please call **(220) 564-2989** with any questions or concerns.

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Registration
Your procedure will be scheduled at Licking Memorial Hospital or the 2000 Tamarack location. If your procedure is scheduled at the Hospital, enter through the surgery entrance of the John & Mary Alford Pavilion and report to the Surgical Services registration desk on the second floor. If your procedure is scheduled at the Tamarack location, enter through the outer doors and report to the registration area inside the second set of doors.

Before and During the Procedure
- Your heart will be monitored, as well as your blood pressure, pulse, and oxygen level
- The nurse will start an IV
- The doctor will give you medicine to put you to sleep
- You will begin the procedure by resting on your left side
- You may receive a spray to numb your throat
- The doctor will insert the endoscope through your mouth into the esophagus, stomach, and duodenum (This tube is smaller than most of the food you swallow and will not interrupt your breathing)

After the Procedure
- You will be taken to the recovery area to be monitored for a brief period
- You may feel drowsy
- You must have someone drive you home, and they need to stay during your procedure due to the short length of stay
- You should not return to work until the next day

Call Your Doctor if You Have:
- Vomiting of blood
- Fever
- Severe stomach pain
- Redness or soreness at the IV site for more than 2 days

Finding Out the Results
Most test results will be reviewed with you by the doctor before you leave. If you have any questions about the results after you go home, feel free to call the office. If biopsies are taken, the results should be available in 1 to 2 weeks. The office will contact you once the doctor has reviewed the biopsy results.

Appointment Reminders
- If you have any questions about your test or preparation, please call the doctor who has scheduled this test for you
- The nurse will call you the day before your scheduled procedure with your arrival time

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