

UPPER ENDOSCOPY

After careful medical assessment, your doctor has recommended that you have an upper endoscopy. This procedure is medically termed an esophagogastroduodenoscopy or 'EGD'. During this test a flexible fiber optic tube is passed through the mouth and throat into the upper digestive tract. **This procedure allows the doctor to examine the lining of the esophagus (swallowing tube), stomach and duodenum (first portion of the small intestine) and to identify any abnormalities.**

You will be asked to sign a consent form authorizing the doctor to perform the procedure. A needle for intravenous (IV) medicines will be placed in your arm vein prior to the procedure. The physician through the IV will inject medicine. The medication will make you feel sleepy and relaxed. The doctor may also spray your throat with numbing medicine. As you lie on your left side, the doctor will place a small mouthpiece between your teeth. You will be able to breathe normally. The doctor will insert the small flexible endoscope and examine the lining of your upper digestive tract. A biopsy (tiny bit of tissue) may be taken for examination.

Most people do not recall any of the procedure because of the effect of the medicine. After the procedure, you will feel drowsy and may sleep. The doctor will then discuss the findings with you and the nurse will give you written instructions to follow when you go home. If you have any questions before or after the test, please ask the physician or one of the nurses.

PREPARATION FOR AN EGD:

- **Nothing to eat or drink for 8 hours prior to test time.**
- **An accompanying driver MUST be present when you arrive for the test.**
- **Dentures and eyeglasses must be removed prior to the test. You can wear contact lenses.**
- **Wear comfortable clothes. You will be asked to undress from the waist up and to wear a patient gown.**