

**EGD (Esophagogastroduodenoscopy)
Patient Instructions
for
MID COAST DIGESTIVE HEALTH CENTER**

Your appointment is with: ____Marie Sharkey, M.D. ____Donald Schneider,M.D.

Report to the Mid Coast Digestive Health Center, Suite 3600. This is located on the 3rd floor of the Medical Office Building which is **attached** to Mid Coast Hospital. Park in the first parking lot on your left as you approach the facility. You may also use the hospital parking area and enter through the main entrance of the hospital. Follow the signage to Mid Coast Digestive Health Center.

Arrival Time & Date: _____

PRIOR TO PROCEDURE

1. You **may call** to pre-registration up to 1 wk. prior to your procedure at 373-6192 from 8am-7pm Mon-Fri. This is **only** meant to save you from waiting on the day of your procedure.
2. **COMPLETE** the GI Endoscopy – Multidisciplinary form. **BRING THIS FORM WITH YOU ON THE DAY OF YOUR PROCEDURE.**

PREPARATION

1. **AVOID** aspirin and aspirin containing products for 7 days prior to your procedure. **AVOID NSAID's** (nonsteroidal anti-inflammatory drugs ie: Motrin, Advil, Aleve for 5 days prior to procedure. **You may take Tylenol.**
2. **CALL** Brunswick Gastroenterology at 725-1355, at least 5-7 days prior to your test, if you have **abnormal heart valves, heart stents, or take insulin or anticoagulants** (blood thinners, such as Coumadin). **You may need special instruction.**
3. **CALL** Brunswick Gastroenterology at 725-1355 if you have a **tracheotomy, if you are unable to feed or dress yourself, if you use oxygen, or if you are on dialysis.**
4. You should take your medications, except those mentioned above, at your usual time with sips of water.
5. **DO NOT** eat anything after midnight the evening before the procedure.
6. You may have water the morning of your procedure. **DO NOT DRINK ANYTHING FOR 4 HOURS BEFORE YOUR TEST.**
7. **DO NOT DRIVE** after your procedure. You will receive medication(s) which could make it dangerous to drive or work for the rest of the day. If you do not have someone to drive you, the procedure will be rescheduled. Please call Brunswick Gastroenterology at 725-1355 to reschedule.
8. If you have reading glasses, please bring them with you

PLEASE PLAN TO SPEND 1 ½ to 2 HOURS AT THE HOSPITAL

NO ASPIRIN GUIDE

Please read this guide carefully.

This guide is a list of medications that contain aspirin. Aspirin may increase bleeding, therefore, **do not take** any of the products listed **for one week** prior to your procedure. Many products contain aspirin, but you may not be aware of this based on their names. Aspirin is acetylsalicylic acid, and is in any medication called salicylate or salicylamide. Read labels carefully.

You may take Tylenol.

This is not a complete list. Check labels, and when in doubt ask your pharmacist or call the office.

Prescription Medicines

Darvon Compound
Fiorinal
Percodan
Talwin

Over-the-Counter Medicines

Alka Seltzer	Bufferin
Anacin	Congespirin
Anacin-Arthritis Pain Formula	Ecotrin
Arthritis Pain Formula	Empirin
Ascriptin	Encaprin
Aspergum	Excedrin
Bayer Aspirin	4-Way Cold Tablets
Bayer Children's Cold Tablets	Midol
Bayer Timed Release	Momentum
	Os Cal Gesic Tablets
	Triaminicin
	Vanquish

EGD (Esophagogastroduodenoscopy)

About the Test

What Is EGD?

EGD, also known as upper GI endoscopy, is a procedure that enables your physician to examine the lining of the upper part of the gastrointestinal tract. The procedure uses a thin flexible tube (endoscope) with a lens on the end. The doctor is able to directly examine your esophagus (swallowing tube), stomach, and duodenum (the first part of the small bowel).

Why Is EGD Done?

Upper endoscopy is the best test to evaluate symptoms that originate in the upper gastrointestinal tract. These symptoms include abdominal pain, nausea, vomiting, difficulty swallowing, and heartburn. It is the best test to determine the cause of bleeding for the upper gastrointestinal tract.

Upper endoscopy is used to treat conditions present in the upper gastrointestinal tract. A variety of instruments can be passed through a small channel in the endoscope allowing the doctor to treat certain conditions. For example, stretching narrow areas, stopping bleeding, removing polyps, and removing swallowed objects can be done through the endoscope. Also, biopsies can be taken for further studies. These can all be done with little or no discomfort to you.

How Is EGD Done?

The doctor will talk with you prior to the test and have you sign a consent form. An IV is started to give you medications that will help you feel relaxed. Your blood pressure and heart are monitored throughout the procedure. Also, your throat may be sprayed with an anesthetic to help with any gagging that may occur.

While you are in a comfortable position on your left side, a small mouthpiece may be placed between your teeth. The endoscope is passed through an opening in the mouthpiece and then is guided into the esophagus, stomach, and duodenum. This does not interfere with your breathing. The lens at the end of the endoscope allows the doctor the view the lining of the upper gastrointestinal tract for abnormalities. Treatment can be done and biopsies taken, if necessary.

The procedure lasts 15 to 30 minutes. Most people find the test to be only slightly uncomfortable and some fall asleep during the procedure.

What Happens After The Procedure?

After the test you will be monitored for approximately 30 to 60 minutes until most of the effects of the medications have worn off. Your throat may feel sore for a while, and you may feel a little bloated because of the air introduced into your stomach during the procedure.

Are There Complications?

Upper endoscopy is safe. Complications can occur, but are rare when a physician who has been specially trained and is experienced performs the procedure. Complications that can occur include bleeding, perforation, reaction to medication, and IV site reaction.

How Do I Get The Results Of My Test?

In most circumstances, the doctor can inform you of your test results on the day of the procedure. However, if you had biopsies taken, the results may take a few days.

You will be given instructions on whom to contact for any pending test results before you leave

Can I Drive After My Test?

You will need to have someone drive you home after the procedure because the medications that you receive make it dangerous for you to drive. Even though you may not feel tired, your reflexes and judgment could be impaired.

Are There Special Instructions To Follow After The Test?

Instructions will be given to you before you leave and will include information on diet, medications, and follow-up care.