

## What to Expect From an EGD (Esophagogastroduodenoscopy)

- **The Basics**

An EGD (Endoscopy or Upper Endoscopy) is a test using a scope and video that lets your Doctor examine the lining of the esophagus, stomach, and duodenum. The endoscopy is a long, flexible tube that is thinner than most food you swallow. An EGD can detect problems of the upper digestive tract that cannot be diagnosed by an X-Ray.

An EGD may be helpful for the diagnosis of inflammation of the esophagus, stomach, and duodenum and to identify the site of upper gastrointestinal bleeding. An EGD may also be a needed instrument for the removal of swallowed objects, polyps, and for stretching narrowed areas of the esophagus.

- **Before the Test**

For the best possible examination, the stomach must be completely empty. You cannot have anything to eat or drink after midnight on the night prior to your exam. For afternoon procedures you cannot have anything to eat or drink at least six to eight hours prior to your exam.

- **During the Test**

An EGD rarely causes much pain. Your health-care professional will give an IV sedative medication to help you relax. Most people fall asleep after they get the sedative. The back of your throat will be sprayed with a local anesthetic. While you are in a comfortable position, the endoscopy is inserted through the mouth and each part of the esophagus, stomach, and duodenum is examined.

The procedure is extremely well tolerated and usually takes 10-15 minutes with little or no discomfort. Many patients fall asleep during the EGD. The tube will also not interfere with your breathing. There may be some gagging, but this is usually prevented by the medication.

- **What if the EGD shows something abnormal?**

If the Doctor thinks something in your esophagus or stomach needs to be looked at more closely, he might pass an instrument through the scope and obtain a biopsy. Biopsies are used to identify many conditions. If you are having an EGD to find areas of bleeding, the Doctor might seal off the bleeding with heat treatment. These procedures usually don't cause any pain.

- **After the Test**

The Doctor will explain the results to you or an authorized family member or person. You will have to wait several days to a week for the results of the EGD and any biopsy (if one was performed). You may also receive a letter in the mail in about a week with the results of the examination, and if you need another one.

Immediately after the test, you will be allowed time to recover before you go home. Someone must drive you home and stay with you. Even if you feel awake and alert, your ability to make decisions and your body's reflexes may not work as they do normally for the rest of the day.