Upper GI Endoscopy (Gastroscopy or EGD)

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<th>Appointment date</th>
<th>Day of week</th>
<th>Time</th>
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<td>A GI nurse may call you to verify your health history and appointment time 1 to 2 days before your procedure.</td>
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**Before your test**
1. Do not eat or drink anything for **8 hours** before the exam.
2. You will need someone to **drive you home** after the test because you may be given medicine to relax and keep you comfortable during the exam. **Do not plan on using public transportation** after the exam. You may feel groggy and need help getting around.
3. Rest today, you may return to work tomorrow.
4. You may not drive, operate heavy or potentially harmful equipment, make important legal decisions, or drink alcohol for 24 hours.

**Special items to tell your doctor when scheduling your test**
- Allergies.
- All medications you take regularly, including prescription and over-the-counter drugs, vitamins, supplements and herbal products.
- If you take blood thinners, iron, arthritis medications, blood pressure pills, insulin or oral diabetic agents, these may need to be stopped or the dose adjusted before the test. Talk to your nurse or your primary doctor before the exam.

**How is an EGD done?**
You will be asked to sign a consent form. Each doctor may have a slightly different routine, but generally, your throat is numbed by a spray or by gargling with a medication. You may be given medication through an IV to help you relax and stay comfortable. While you are in a comfortable position on your side, the flexible scope is passed through your mouth and into the esophagus (swallowing tube), stomach and duodenum (first portion of the small intestine). The doctor looks at the walls of these organs with the scope. The scope does not interfere with your breathing. Most people consider the test only slightly uncomfortable.

If there is any area that looks abnormal, the doctor may take a tissue sample (biopsy or brushings). The tissue can be examined for abnormal cells and/or tested for bacteria that can cause ulcers.

**After the test**
Many people do not remember any of the procedure because of the medicine. After the test, you might feel drowsy and may want to sleep. Even if you feel alert after the test, your judgment and reflexes may be impaired by the medicine. It is unsafe for you to drive or operate any machinery for the rest of the day. You will need someone to drive you home. You may eat your regular diet after the test is over unless you are given other instructions.

**Possible complications of upper GI endoscopy**
Complications after endoscopy are rare, but can occur. Major complications, such as a perforation (tear) that might need surgery to repair, are very uncommon. If a biopsy is taken, there is a risk of excessive bleeding.

**Call your doctor if:**
- You have increasing pain in the throat, chest or stomach
- You have trouble breathing or swallowing
- You have a fever higher than 101° F
- You vomit blood or coffee ground-like material
- Your bowel movements become black or bloody

**Results**
Your doctor will discuss the results with you. If a biopsy is taken, your doctor will discuss the results with you after receiving a report from the pathologist.

*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.*