

The Doctors Clinic Ambulatory Endoscopy

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EGD – A flexible scope is inserted into the mouth and travels the same route your food does, down to your stomach. The esophagus, stomach, and first part of the small intestine can be examined. Biopsies can be taken and polyps can be removed. (Esophagogastroduodenoscopy)

How is the test performed?

Prior to starting the test, and IV will be started in order for a sedative to be given during the procedure. You will lie on your left side. A bite block will be inserted into your mouth. This holds your mouth open and protects your teeth. The scope will be passes through the bite block in your mouth, down your esophagus and into the stomach and first part of your small intestine.

The exam usually takes 5-10 minutes. The physician will take biopsies (removal of tissue) if needed during the procedure. Biopsies may be taken for many different reasons and does not necessarily mean cancer. After the procedure, you will be transported to the recovery area where your vital signs will be observed until you are fully awake. Air will be introduced into your stomach during the procedure so you might feel bloated during and/or after the procedure or have belching. You may experience a sore throat after the procedure for the next 24-48 hours.

Preparation

It is important not to eat or drink anything for 4-6 hours prior to the exam. If you take any diabetes medicine or anticoagulant medicine you will need to talk with your physician prior to the procedure. If you receive sedation for this exam, **you must have someone that can talk to the doctor after the procedure, receive your discharge instructions and drive you home.**

Instructions for EGD

You will receive a call from one of the Ambulatory Endoscopy Nurses one week prior to your appointment. This call will be to discuss your preparation instructions and review your medical history and medications.

Please follow all of the prep instructions given to you by our office. No Plavix, Aggrenox, Ticlid, Aspirin, Baby Aspirin, Alka Seltzer or Non-Steroidal Anti-Inflammatory Medications such as Ibuprofen, Motrin, Aleve and Advil 5-7 days prior to your procedure. **No** Coumadin (Warfarin), 3 days prior to the procedure. You may take Tylenol as needed prior to your procedure. Lovenox or Fragmin should be used the day of the procedure. If you are under the care of a Cardiologist, PLEASE CALL him/her before stopping any medications.

Diabetics: Please consult your primary care physician on how to handle your medications and diet. Follow any specific instructions given to you by our office.

If you receive any sedation you must have somebody drive you home. Taxi cabs are unacceptable. If you must cancel your appointment please notify our office 48 hours in advance so that we may adequately prep someone to take your place.

Please call our office with any questions you may have regarding your preparation instructions.