



testfacts

AN EDUCATIONAL HEALTH SERIES FROM NATIONAL JEWISH HEALTH™

Esophagoscopy Gastroscopy Duodenoscopy (EGD)

What is a Esophagoscopy Gastroscopy Duodenoscopy (EGD)?

Your doctor has suggested you have an EGD as part of the evaluation at National Jewish. An EGD allows the doctor to look inside the esophagus, stomach and small intestine. These are the upper portions of your digestive system. Your doctor will use a small flexible tube, starting at your mouth, to see inside your body. Your doctor may also do a biopsy during the EGD. During a biopsy a small amount of the tissue is taken from the lining of the digestive system. The tissue can be studied closely to help determine your diagnosis and the best treatment for you.

How do you get ready for the test?

Please follow these instructions closely. If this is not done, we will need to reschedule the test.

Planning ahead:

- **Inform** your doctor of all the medicines you take. Certain medicines may need to be stopped before the test.
 - **Do not** take aspirin or aspirin containing products for **7 days** before the EGD. These include: Advil, Aleve, Aspirin, Alka-Seltzer, Ecotrin, Ibuprofen, Midol, Motrin, Naprosyn and Naproxen. Ask your doctor if you have any questions.
 - Blood thinners such as Coumadin, Plavix or Lovenox will need to be stopped before your EGD. Ask the doctor who **prescribes** these medicines when to stop them. You will also need to come to the clinic for a blood test (PT-INR) the day before your EGD.
 - Let your doctor know if you take insulin. The doctor who **prescribes** your insulin may have you change the dose the day before and the day of the EGD.
- Ask a companion (family member or friend) to pick you up after your EGD and stay with you during the night. You will not be able to drive or take a taxi home after the test.

Midnight the night before the test:

- **Do not** eat or drink anything after midnight, the night before the EGD.

The day of the test:

- **Do not eat food or drink anything before the EGD.**
- If you are scheduled for the EGD after **noon**, you may have clear liquids until 8 am on the day of your EGD. Clear liquids include Gatorade, strained fruit juice (no citrus), soda, popsicles without fruit or cream, gelatin without fruit, bullion, coffee or tea (without milk). Avoid drinking only water.
- **Do not** take the medicines your doctor has asked you to hold.
- **Do** take any heart, blood pressure or seizure medicine at least 2 hours before leaving for the test with a few sips of water.
- **Do** bring your inhaled medicine with you. If you have sleep apnea, bring your CPAP mask and machine with you.
- Check in at the front desk at the time your test is scheduled.

What is done during the test?

When you arrive the nurse will explain what will be done before, during and after the EGD. If you have any questions, please ask. The nurse will start an IV. The IV will be used to give medicine to make you sleepy and relaxed. You will be monitored closely during the test.

You will lie down during the EGD. A mouthpiece will help you keep your mouth open.

Once the EGD is done you will rest. You will be sleepy in the beginning. Your doctor will determine when you are able to go home.

How long will the test take?

Plan on being at National Jewish for at least 3 to 4 hours, although sometimes people stay longer. Remember to have someone pick you up after your EGD and stay with you during the night.

How do you get to your test?

On the day of your scheduled test, check in at the Front Desk. If you have questions please call 303-398-1355. Also, if you need to cancel the appointment or change the time please call.