

# TESTfacts

An Educational Health Series From National Jewish Health®

## Esophagogastroduodenoscopy (EGD)

### What is an Esophagogastroduodenoscopy (EGD)?

Your doctor has suggested you have an EGD as part of your evaluation at National Jewish Health. An EGD allows the doctor to look inside the esophagus, stomach and small intestine using a small flexible tube. You will be sedated for this procedure so it should not be uncomfortable. Your doctor may also do a biopsy during the EGD, where a small amount of tissue is painlessly taken from the lining of the digestive system. The tissue is studied 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.

The medicines you receive during the EGD will make you sleepy. You will need someone to drive you home after the procedure. If you do not have someone to drive you home, the procedure will be cancelled. It is a good idea to have someone with you through the remainder of the day and night, but this is not imperative. You will not be able to work, drive, or make any decisions for the rest of the day. You will not be allowed to use public transportation unless you are accompanied.

If you use oxygen at home, please bring a portable oxygen unit with you. You may need to use the oxygen for a while after the procedure.

### Please follow these instructions carefully:

- **Inform** your doctor of all the medicines you take.
- **Notify** your doctor if you take blood thinners such as Coumadin, Plavix, Lovenox, Pradaxa, etc...
- **Inform** your doctor if you take any oral medicines or insulin for diabetes.



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### The day of the test:

- **Do not eat or drink anything after midnight.** If you are scheduled for the EGD after 12 noon, you may have clear liquids until 4 hours before your procedure time on the day of your EGD. Clear liquids include Gatorade, strained fruit juice (no citrus), soda, popsicles without fruit or cream, gelatin without fruit, broth (skim the fat off the top), black coffee or tea (without milk). **Do not drink anything red, orange, or purple.**
- **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 medicines with you. If you have sleep apnea, bring your CPAP mask and machine with you.
- If you are diabetic, **please bring your glucose meter, test strips, and a source of fast-acting glucose with you (such as glucose tablets or glucose gel).**
- Check in at the front desk for your scheduled appointment.

### 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 to give medicines to make you sleepy and relaxed. You will be monitored closely during the test. Once the EGD is done, you will rest. Your doctor will determine when you are able to go home.

### How long will the test take?

Plan on being at National Jewish Health for about 3 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.

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