

Preparing for Your Upper Endoscopy (EGD)

(Esophagogastroduodenoscopy)

Date: _____

Appointment Time: _____ Check-In Time: _____

Location: _____

What to Expect on the Day of Your Procedure:

After careful medical assessment, your doctor has recommended you have an upper endoscopy. During the upper endoscopy, a flexible tube (endoscope) is passed through your mouth into the upper intestinal tract. The doctor will carefully examine the esophagus, stomach and part of the duodenum to identify any abnormalities. You will be asked to sign a consent form prior to the exam authorizing the doctor to perform the procedure. A needle for intravenous (IV) medicines may be placed in your arm vein before the procedure. Medicine will be injected through the IV before the procedure that will make you sleepy and relaxed. You will lie on your left side and a small plastic mouthpiece will be placed between your teeth. The nurse may spray your throat with a numbing medicine. Your heart rate, blood pressure and oxygen status will be monitored throughout the exam. During the procedure you may experience some abdominal fullness or bloating due to air the doctor puts into the upper intestinal tract. Should any abnormalities be detected, biopsy specimens (tiny pieces of tissue) may be taken for microscopic examination. You should not feel any sensation or discomfort when a biopsy is performed. Most patients do not recall the procedure due to the effect of the medicine.

After the procedure, you will probably feel drowsy and may sleep for a short time. The doctor will then discuss the findings with you, your driver (if acceptable to you) and your nurse, who will give you written instructions to follow when you go home.

What You Will Need on the Day of Your Procedure:

- New Patient Information Forms (if applicable) with your Information Folder
- Insurance Cards
- A family member or friend who can stay with you and drive you to and from your procedure
- Complete list of your Drug Allergies and Medications with dosages

ON THE DAY BEFORE YOUR UPPER ENDOSCOPY (EGD)

- **You must not eat or drink anything after midnight the evening prior to your procedure. If your procedure is scheduled in the afternoon, you may have clear liquids until 9:00am.**
- **Do not take any aspirin or blood thinners (i.e. Coumadin, Warfarin, Plavix) 5 days before your procedure.**

ADDITIONAL INSTRUCTIONS ON REVERSE SIDE

- **Do not take any ibuprofen (Motrin, Advil), naproxen (Aleve), ketoprofen (Toradol), diclofenac (Voltaren, Cataflam), etodolac (Lodine), or meloxicam (Mobic) for 3 days before your procedure. You may use Tylenol if needed.**

It is requested that you hold all medications the morning of your procedure. You may take your scheduled medications after the procedure or after returning home.

If you have a question or need to reschedule please call the office of JOHN B. STURGEON M.D. at 913-671-7803 between 9:00 A.M. and 4:00 P.M., Monday - Friday.

Propofol Sedation

You have been scheduled for a procedure that requires sedation with intravenous (IV) medication. The medication you will be given is called propofol, also known as Diprivan or Propoven. Please let your doctor know if you are allergic to propofol or allergic to eggs, soy products, or sulfites. Your doctor should also be aware of any seizure disorder/epilepsy, high triglycerides (fats in the blood), liver disease, or kidney disease before you receive propofol. Other medications for sedation may be used if indicated.

Propofol promotes relaxation and sleep during the procedure. Your heart rate, blood pressure and oxygen level will be carefully monitored before, during and after the procedure.

Although the effects of the medications are short-lived, traces of the medication can stay in a person's system for several hours after the procedure is completed. Therefore you **MUST** have someone stay with you to speak with your physician after the procedure and drive you home. **Cab rides are not an acceptable form of transportation.**

You will be restricted in what you do for the day of the procedure.

- ◆ **NO** driving
- ◆ **NO** drinking of alcoholic beverages
- ◆ **DO NOT** smoke unattended
- ◆ **DO NOT** return to work or resume any work around the home or yard

Observing these restrictions following your procedure will greatly contribute to your safety. The above activities may be resumed the day after your procedure.

Call the office of
John B. Sturgeon, M.D.
913-671-7803
if you have any questions.