

# WACO GASTROENTEROLOGY ASSOCIATES

PREPARATION FOR AN EGD  
(esophagogastroduodenoscopy)

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Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

## **ONE WEEK BEFORE YOUR PROCEDURE:**

- ***DO NOT stop taking ANY medication without instructions from your doctor.***
  - If you take aspirin, ibuprofen, vitamins, herbal supplements, blood thinners (such as Coumadin, Plavix, Aggrenox), or any arthritis medications check with your doctor for instructions about taking these medications.
- \_\_\_\_\_
- \_\_\_\_\_

## **THE DAY BEFORE YOUR PROCEDURE:**

There are no special instructions for you to follow on this day.

## **DO NOT HAVE ANYTHING TO EAT OR DRINK FOR 6 HOURS BEFORE YOUR PROCEDURE**

## **THE DAY OF YOUR PROCEDURE:**

- If you normally take heart, blood pressure, breathing or seizure medications in the morning, you may take those medications with a minimal amount of water. Do not take any other medications and do not have any more to eat or drink.

## **YOU WILL BE SEDATED FOR THIS PROCEDURE AND MUST HAVE SOMEONE TO DRIVE YOU HOME.**

Report to: \_\_\_ Waco Gastroenterology Endoscopy Center-364 Richland W Circle, Suite B  
\_\_\_ Hillcrest Baptist Medical Center-3000 Herring Avenue, ground floor admitting office  
\_\_\_ Providence Health Center-6901 Medical Parkway, outpatient admitting office

Date: \_\_\_\_\_ Check-In Time: \_\_\_\_\_

If you have any questions you may contact us at (254) 537-0911.

*Should you need to cancel or reschedule your appointment for any reason,  
please give 48 hours notice to avoid a \$50 cancellation fee.*

Office Use: Prep given by: \_\_\_\_\_ Date: \_\_\_\_\_

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## TEACHING PAMPHLET FOR ESOPHAGOGASTRODUODENOSCOPY (EGD)

**What is an EGD?** EGD stands for esophago-gastro-duodenoscopy. This procedure allows the doctor to look directly at the lining of the esophagus (food tube), stomach, and the first part of your small intestine called the duodenum.

**Why do I need the test?** An EGD gives your physician specific information that X-rays and other tests do not provide. This test can help your doctor diagnose your problem.

**Who performs this test?** Your physician performs this test.

**How is it done?** During an EGD, a flexible tube connected to a light source, called a flexible endoscope, is inserted into the side of the mouth and advanced into your stomach. As it is slowly withdrawn, the physician will carefully look at the lining of your stomach and esophagus.

**Is it uncomfortable?** There is no pain with this test. You may experience a full feeling. You will be given a sedative prior to the exam. A local anesthetic or “freezing” is sprayed into your throat before the tube is inserted into your mouth. This will numb your gag reflex. Once the tube is in the back of your throat the doctor will ask you to swallow. This helps to guide the tube into the esophagus. You will feel this tube in the back of your throat. You will be able to swallow and breathe comfortable throughout the test.

**How long does the test take?** The exam itself takes 10-15 minutes. However, you may be in the procedure room approximately 30 minutes including the time it takes to prepare you for the exam. Please allow 3-5 hours from admission to discharge.

**Are medications given?** Yes. Your doctor will give you a sedative prior to the exam to help keep you comfortable.

**Do I have to do anything before the test?** Yes. You may need to discontinue certain medications and you may not eat or drink anything after midnight the night before the exam.

**When can I eat?** You can eat one hour after the test, unless otherwise specified by your physician. The effects of the freezing sensation in the back of your throat usually take about 30 minutes after your procedure to wear off.

**When will I get the results?** It takes approximately *5-7 working days* to get your results. After you test, the doctor may briefly discuss the findings of the exam with you or your family. You may call our office if you do not hear from us with your results.

**If you have any questions about your test or instructions, please call our office at  
(254) 537-0911.**