

WAMC Gastroenterology Clinic

EGD INSTRUCTIONS

Please read all of the instructions ahead of time so you are adequately prepared for this procedure.

- Take Pre- Admission paperwork to Patient Administration Department (PAD), located near the Reilly Road entrance of Womack across from the gift /flower shop on the main floor.
An adult must accompany you to your procedure, remain in the hospital during your procedure, and drive you home; your appointment will be rescheduled if you arrive without a ride. (Person must be 18 years or older).
Females less than 50 years of age who have not had a tubal ligation, partial or complete hysterectomy must have a pregnancy test performed at Womack's laboratory or assigned Fort Bragg clinic no more than 72 hours prior to the procedure. This is a hospital policy; there are NO exceptions. Lab hours are M-F 0730-1630. Please make sure your pregnancy test is done either the Friday before a Monday procedure, the day before a weekday morning procedure, or the morning before an afternoon procedure. If your pregnancy test is late or not done, your procedure will be rescheduled.

Do NOT eat any solid foods after MIDNIGHT the day of your procedure.

You may have CLEAR LIQUIDS ONLY from midnight until 05:30am or 10:30am the morning of your procedure, after that you must have nothing by mouth, including gum, mints, and hard candy. If you do eat, we will postpone or reschedule your appointment.

Do NOT take any antacids or reflux medications the morning of your procedure:

You can take all other medications the day of the procedure except for Insulin, oral diabetic medications (i.e. Glucophage/Metformin,), or blood thinners such as Plavix, Heparin Coumadin and similar medications. Please take your blood pressure medication the morning of your procedure. All medications must be taken before the indicated time above.

CLEAR LIQUID RECOMMENDATIONS FROM YOUR HEALTHCARE PROVIDER

AVOID red, blue, purple, pink, and green colored liquids

Water, tea or coffee without any dairy products or non-dairy creamer (okay to add sugar, honey and pulpless lemon juice).

Soft Drinks- Ginger Ale, Sprite, 7-Up, Mountain Dew, etc.....

Clear Broths- Beef, Chicken, Seafood or Vegetable Broth.

Desserts- Popsicles, Italian ice, Jell-O without fruit (NO DAIRY)

Sports drinks or clear-colored fruit drinks without pulp – Gatorade, apple juice, Crystal Light, etc...

SPECIAL INSTRUCTIONS:

Do not wear jewelry, lotion, or contacts the day of your procedure. Please wear comfortable clothing and shoes to your procedure.

Name:

Procedure Date:

Arrival Time:

Location: 2nd floor Clinic Mall

WAMC Gastroenterology Clinic



Phone #: 907-7808

Hours: M-F 7:30AM-4:30PM

Upper GI endoscopy or Esophagogastroduodenoscopy (EGD) is a visual examination of the lining of your esophagus, stomach, and first part of your small intestine. This is performed by passing a small, long, flexible tube through your mouth under sedation. The doctor will be able to look for any abnormalities which may be present. If necessary during the examination, small tissue samples (biopsies) can be painlessly taken for detailed laboratory analysis. Some treatments can also be done through the endoscope. These include: stretching (dilating) narrowed areas of the esophagus, stomach and duodenum; removing polyps and swallowed objects, and treatment of bleeding vessels and ulcers.

What will happen: The doctor and/or nurse will explain the procedure and answer your questions. Please tell them if you have had any other endoscopies performed and any medication allergies. You will be asked to sign a consent form, giving your permission for the examination. You will don a hospital gown after removing your shirt and undergarments, but may keep your clothes on below the waist. You must remove glasses, contacts, jewelry, all piercings, and dentures/partials.

You will be given sedation and pain medications by injection through an IV. A mouth guard will be placed to protect your teeth and gums. While in a comfortable position on your left side, the doctor will pass the scope through your mouth and down your throat. The instrument will not interfere with your ability to breathe. The examination takes approximately 5 to 20 minutes.

Afterwards: You must remain in the clinic until the effects of the sedation medications wear off. Your throat may feel slightly sore. You may return to your regular diet unless otherwise instructed. You may feel a bit bloated due to the air which has been used to inflate the GI tract during the procedure; this will quickly pass.

Risks: Endoscopies can result in complications such as reactions to medications, perforation of the GI tract or bleeding, though rare, they may require urgent treatment or surgery. Be sure to inform us if you have any prolonged pain, black, tarry stools or repeated vomiting in the first few days after your procedure.

Things to do:

___ Register with Patient Administration (located near the Reilly Road entrance, main floor)

___ Pregnancy test must be done within 72 hours of the procedure, as applicable

