

Gastroenterology Clinic
Lawrence General Hospital – Ambulatory Care Center
1 General Street – Level 1
Lawrence, MA

Upper GI Endoscopy (EGD) Pre-Procedure Instruction List

It is very important to follow the upper GI endoscopy (EGD) prep instructions. If you do not follow these instructions as directed, there is a chance that you will not be ready for the procedure and you will need to reschedule for another day.

Planning for Your Upper GI Endoscopy

Please take a moment to read through all information as soon as you receive it. You can check off each item as you complete it and understand what you need to do.

- You must complete a prep, as specified by your gastroenterology provider.** If you have not received instructions on prep, please call the Lawrence General Hospital Gastroenterology Clinic at **978-946-8487**.
- Your prep will be: Nothing by mouth prior to your procedure.** Please do not eat or drink anything after midnight prior to your upper GI endoscopy.
- If you take anticoagulant medications (blood thinners), please contact your cardiologist or the prescribing doctor to get information on how to manage these while you are prepping for the colonoscopy.**
- If you are diabetic, please call the clinic (978-946-8487) to discuss your medications before your procedure.**
- You need to have a responsible adult driver with you at the procedure.** This person will need to be present with you at check-in and when you are discharged after the procedure. If you do not have a driver with you at check-in, we will need to reschedule your appointment. The driver will need to remain at the hospital during the procedure, which can take 1-2 hours to complete.
- Please bring a current list of your medications with you.**
- Please wear comfortable clothing, do not bring jewelry, contact lens, or other valuables with you.**

If you need to cancel or reschedule your procedure, please call the clinic immediately **978-946-8487**.

Upper GI Endoscopy is a visual examination of the lining of your esophagus, stomach and the first portions of your upper small intestine. This procedure is performed by passing a narrow long flexible instrument through your mouth while under sedation. Your doctor will be able to look for any abnormalities that may be present. If indicated, small biopsies (tissue samples) will be taken and sent for analysis. Therapeutic treatments include: dilatation (stretching), botox injection for swallowing disorders, removal of polyps and swallowed objects, and treatment of bleeding.

Risks

The risks of upper endoscopy are limited and uncommon (occurring in less than 1 in 1000 cases) and include, but are not limited to: perforation, bleeding, infection, the need for surgery and anesthesia. Be sure to notify your nurse or doctor should you have any severe pain, fever or bleeding following your procedure.

Preparation

To allow a clear view of your stomach, it must be empty. For this reason, do not eat or drink anything (except your normal medications) after midnight before your test. If you do take medication, take it with sips of water. Please discuss any questions regarding your medication with your doctor prior to your procedure.

You must have a responsible adult drive you home from your test or it will be rescheduled.

What Will Happen

Upon arrival to Lawrence General Hospital's endoscopy suite (4th floor – Ambulatory Procedure area) you will be asked to check-in. After this, you will be escorted to the pre-procedure area. The doctor and/or nurse will explain the procedure and answer your questions. Please tell them if you have had any other endoscopic procedures and if you have any allergies to medications. You will be asked to sign a consent form, which will give your permission to have the procedure. An intravenous (IV) line will be placed for medication to be given during your examination. Once in the procedure room, monitoring equipment will be placed so that your breathing, heart and blood pressure can be observed. You will be given sedation and once asleep, the examination will take place. The examination usually takes about 15 minutes.

Afterwards: You will be brought back to a recovery area and will be monitored until you are ready to leave. This usually takes between 20-60 minutes. For the remainder of the day, you are not to drive, operate heavy/dangerous equipment or make important decisions.

If you have any questions about your procedure, please call the clinic at **978-946-8487**.