

Preparing for Your Upper Endoscopy (EGD)

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

- Do Not Take any Over the Counter arthritis (i.e. Ibuprofen, Advil, Aleve) medications 3 days before your procedure.
- It is requested that you hold all scheduled medications until after your procedure is completed

If you have a question or need to reschedule your appointment please call the office of Pacific Coast Digestive Health – Shahram Javaheri, MD at (949) 389-0660 between 9:00am to 12:30pm; 1:30pm to 5pm, Monday – Friday.

Conscious Sedation

You have been scheduled for a procedure that requires sedation with medications. The method of sedation is called Conscious Sedation, which involves intravenous catheter (IV) into your arm and medication administration through the IV when the procedure is ready to begin. The medications used are generally Demerol (a narcotic) and Versed (a sedative). **Other medications may be used if you have an allergy to Demerol and/or Versed.** These medications cause you to be drowsy and relaxed during the procedure and also create some degree of amnesia. Your heart rate, blood pressure and oxygen level will be monitored before, during and after the procedure to assure your safety.

Although the effects of the medications are short lived, traces of these medications have been shown to stay in a person's system for up to 12 hours. 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.

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