

## **One Week Before Your EGD/Gastroscopy**

1. You must tell us if you have an artificial heart valve or joint replacement. Antibiotics may be needed to prevent infection. Often it is not necessary to give antibiotics for artificial joints and some types of heart murmurs. Please call us to find out. Ask to speak with a nurse at (608) 287-2680.
2. You must tell us if you are taking blood thinning medicine (such as Warfarin, Coumadin, Plavix or Enoxaparin). You must talk to your primary physician about the possibility of stopping the drug. If you do not tell us you are taking these medications, you have an increased risk of bleeding during the procedure.
3. If you are an individual who refuses blood or blood products, please call Meriter Hospital's Bloodless Medicine & Surgery Coordinator, at (608) 263-2367. Outside of Madison, call 1-800-236-2367. You can visit their web page at <http://www.meriter.com/mhs/hospital/bloodlss.htm>.
4. Do not take iron for 7 days prior to your procedure.
5. Arrange for someone to drive you to and from the procedure (Do not use a cab or a bus). You cannot drive for the rest of the day after your procedure because of the sedation medications you will receive. If you cannot arrange for a driver, we will need to reschedule your appointment. Do not plan any activities for the rest of the day after the test because of drowsiness from the medications.
6. Arrange for your driver to be with you after the procedure because:
  - You need someone with you to hear what the doctor and nurses tell you after the procedure. The medications you receive will affect your memory for a few hours afterwards and you may not remember what you are told.
  - You must have an escort from the unit after your procedure. For these reasons, please have your driver come with you to the Endoscopy Unit and stay until you are discharged. Due to limited waiting room space, it is suggested to have only one person accompany you.
7. Do not bring children with you. The setting of the Endoscopy Suite and the time spent waiting (45-60 minutes) are stressful for children. We encourage you to make child care arrangements rather than bring children with you.

## **The Day of Your EGD/Gastroscopy**

1. You may have colorless clear liquids such as water, ginger ale, 7-Up or weak tea or coffee, (without milk or cream) up to 3 hours prior to your scheduled arrival time at the Endoscopy Suite. Avoid red liquids as they can confuse the finding of the test. Also, avoid all solids and milk products.
2. If you take medication to help regulate your heartbeat or blood pressure, or to help you breathe better, please take them with one-half cup of water as early in the morning as possible. Bring all bottles or medications that you are currently taking with you.
3. Please leave all jewelry and other valuables at home for safekeeping.
4. Report to Meriter Hospital's patient registration desk at the time of your appointment. Late arrivals are difficult to accommodate because of our procedure

schedule. If you arrive at the Endoscopy Unit more than 30 minutes past your procedure time you may need to be rescheduled.

5. The procedural setting of the Endoscopy Suite and the time spent waiting (2-3 hours) are stressful for children. We encourage you to make child care arrangements rather than bring your children with you.

### **After the EGD Exam**

- Although we try to discuss our findings and recommendations with you after the procedure is over, some patients find that they do not remember clearly that discussion because of receiving the sedative medication. We feel it is so important for you to have the person driving you home remain with you while the doctor talks to you. That person will be your “memory” for the day. We always send a report to your doctor.
- In general, it is 2-3 hours from the time you arrive in the Endoscopy Suite to the time you are ready to go home.
- When you get home after the test, you will want to rest and take it easy for the rest of the day.
- Do not drive or operate any dangerous equipment until the next day because you will be partially sedated from the medicine that you received.
- You should not drink alcoholic beverages that evening.
- Avoid making any important decisions until the day following the test because of lingering effects of the medicines we give you.
- Most people find that they feel perfectly normal following the test, and can go back to work or otherwise resume normal activities without difficulty.
- After the exam, you may have a mild sore throat. You may also feel gas pains from the air we use to hold open the intestinal tract to examine it. You can usually ease this pain by belching or passing gas through the body naturally.
- The place where the IV was inserted may be somewhat tender for a day or two. You can relieve this by placing a warm, moist washcloth over the area. If it continues for more than a day or two or continues to increase in redness, please let us know.

### **How to Contact Us**

We appreciate the opportunity to participate in your health care and hope that you feel free to ask us any questions. If you have any questions regarding this procedure, please call our office at (608) 287-2680. If you feel your questions cannot wait until regular office hours, our answering service will contact us.

### **Call Us Immediately If:**

- You have a new severe, sharp or steady pain in your abdomen, neck or chest.
- You have a fever over 100 degrees Fahrenheit and particularly if you have a shaking chill.
- You begin to vomit, particularly if you see red or brown blood in what you are vomiting.

- Your bowel movements turn black or red, which can be a sign of bleeding.
- You feel lightheaded and dizzy when standing.
- You develop shortness of breath or difficulty breathing.

If you have questions about our findings or recommendations, please feel free to call us at the GI Clinic, at (608) 287-2680. We will return your call as soon as possible.