



## FAMILY MEDICAL CENTER

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# Esophagogastroduodenoscopy (EGD) Upper Endoscopy

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

**Why do I need this 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 the test?** The test is performed by your physician with the help of several nurses or assistants.

**How is the EGD done?** During an EGD, a flexible tube connected to a light source (called a flexible fiberoptic endoscope or gastroscope) is inserted into 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 As it is slowly withdrawn, the physician will carefully look at the lining of your stomach and esophagus.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 usually no pain with this test. You may experience a full feeling. You will be given a sedative prior to the examination. A local anesthetic 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 may feel this tube in the back of your throat. *You will be able to swallow and breathe comfortably* throughout the test.

**How long does the test take?** The examination itself takes 10 to 15 minutes. However, you may be in the procedure room approximately 30 minutes, including the time it takes to prepare you for the examination.

**Are medications given?** Yes. Your doctor will give you a sedative prior to the examination to help keep you comfortable. Some medicines are given by mouth, while others may be given with a needle.

**Do I need to do anything before the test?** Please read the instruction sheet on what to do prior to the test. Do I have to do anything special after the test? You may eat 1 hour after the test. The freezing sensation in the back of your throat will usually wear off about 30 minutes after the procedure. You may not drive that day or drink alcohol. You may begin taking your usual medicines 1 hour after arriving home.

**When will I get the results?** It takes approximately 7 to 10 days to get your biopsy results. After your test, the doctor will briefly discuss the findings of the examination with you and your family. If you do not hear from our office within 2 weeks, call us.

**If you have any questions about your test or instructions, please call your doctor.**

## **EsophagoGastroDuodenoscopy (EGD): Instructions**

Do not eat or drink anything for 8 hours before the procedure.

If you are on any medications, ask your physician if you should take them the day of the procedure. Do not take any aspirin or ibuprofen for 7 days before the test.

If you have any of the following, please be certain your physician knows.

- Diabetes (controlled with insulin or prescription drugs)
- Any history of heart disease or strokes
- History of bleeding or bleeding tendencies
- History of heart infection
- Artificial heart valve
- Joint replacement
- Drug therapy with any blood thinning medications, aspirin, or arthritis medications
- Drug therapy with tranquilizers or sleeping pills

Get a good night's sleep and do not worry about this procedure. It is not usually difficult at all. Most patients have no real discomfort.

Please arrange for a responsible adult to be with you in the office and at home for a few hours after the procedure. This person must drive you home after the test. We recommend *no driving* that day and *no alcohol*, because the medications we use to suppress the gag reflex cause drowsiness and interact with alcohol .

Call immediately if you develop any of the following symptoms after the procedure:

- Dizziness
- Chest pain
- Painful or difficult swallowing
- "Coffee ground" vomit
- Black or bloody stools
- Temperature in the 100s

If biopsies were done, be sure to call in 2 weeks to get the results if you haven't heard from us.

### **Finances**

Just a word about medical expense. The fact that we do this procedure in the office represents a large savings to the patient and the insurance company. The procedure costs about \$500, depending on the complexity of the problem, etc.. Sometimes insurance companies require pre-authorization for such a procedure and it is the responsibility of the patient to inquire with the insurance company about this need. We will assist in whatever way we can, but the patient is responsible to know whether this test will be covered by the company. In the end, the patient will be billed for any part of the test that is not covered by the insurance company.

## EsophagoGastroDuodenoscopy (EGD): Consent Form

Esophagogastroduodenoscopy (EGD) is a procedure in which the clinician can look into your esophagus (swallowing tube), stomach, and duodenum (first part of the intestine) with a flexible lighted tube. A small amount of tissue (biopsy) might be removed for examination in the laboratory under a microscope.

The *benefits* of the procedure include the early diagnosis and assistance with treatment of disease.

These diseases might include ulcers or cancer.

There are *risks* to this procedure, although we believe that the potential benefits outweigh the potential risks.

- Infection can occur, and you may need to take antibiotic medication after the procedure.
- Bleeding is rare, but it is possible. With severe bleeding you might even need a blood transfusion.
- Perforation (causing a hole in the esophagus, stomach, or duodenum) is rare, but if it happens you may need hospitalization or surgery.
- The medications that we give to prevent pain and discomfort can cause adverse reactions. If these medicines are injected, they can cause redness and swelling of the arm. Any medicine can cause allergic reactions.

There are *alternatives* to EGD, including X-ray studies, but they do not allow us to directly see the areas or to take biopsy samples. If you have questions about this procedure, please ask us. If you want more time to consider this procedure, we can provide it, but you may be subject to the risks of a delayed diagnosis-especially of cancer. If you have questions, please ask us.

### INFORMED CONSENT

Having read and understood the above, I feel that the benefits of this procedure outweigh the risks. I have read and understand the patient instruction handout and patient education handout. I agree to allow Dr Michael M. Packer to perform an EGD procedure with biopsies if needed.

Signature

Date

