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## EGD/Esophagoscopy Home Care Instructions

Esophagoscopy or Esophagogastroduodenoscopy (EGD) is an examination of the lining of the esophagus, stomach, and upper duodenum with a small camera (flexible endoscope) which is inserted down the throat.

### Why It Is Done

- Swallowing difficulties or pain with swallowing
- Reflux/GERD issues
- Obtain biopsies to assess for H. Pylori (a bacteria that causes ulcers) or Barrett's Esophagus (an irritation of the esophagus that can lead to cancer)
- Rule out esophageal or stomach ulcers

### What Happens During an Upper Endoscopy?

This is performed as an in-office procedure. You will be asked to wear a hospital gown and to remove your eyeglasses and dentures. A local anesthetic (pain-relieving medication) may be applied at the back of your throat. You will be given a pain reliever and a sedative intravenously that will make you relaxed and drowsy. You will need to lie on your left side during the procedure. A mouthpiece will be placed in your mouth. The doctor will insert the endoscope into your mouth, through your esophagus and into your stomach.

Most procedures take 15 to 20 minutes but you should expect to be in the office for approximately 1 - 1 ½ hours.

### Activity/Restrictions

- **Activity-** You will be given IV sedation that will make you tired. Be careful walking and climbing stairs. Avoid heavy lifting, straining, exercising and driving until the next day.
- **Diet-** Your throat will be sore. This is common and will go away. Start with liquids and soft foods for two hours after the procedure then resume diet as tolerated. Do not consume any alcoholic beverages the day of your procedure.
- **Side Effects-** Commons side effects from this procedure are (but not limited to): headaches, nausea, full sensation in the stomach, excessive belching and IV site irritation.

### Risks

There is a small chance of perforation (hole) of the stomach, duodenum, or esophagus. There is also a small risk of bleeding at the biopsy site. A patient could have an adverse reaction to the anesthetic, medication, or tranquilizer.