

EsophagoGastroDuodenoscopy (EGD) Instructions

Strict compliance with these instructions is necessary to avoid misdiagnosing and to ensure a safe and complete exam.

What is an EGD (Esophago-Gastro-Duodenoscopy or Upper Endoscopy)?

An EGD is an examination of your esophagus, stomach, and duodenum using a thin lighted endoscope, the diameter of an ink pen. Your doctor has scheduled this test to see if there are any abnormalities which would explain your symptoms. You will receive medication intravenously to help you relax and sleep.

What are the possible complications from an EGD?

EGD is a safe and routine procedure with very low risks. Complications are rare including Hemorrhage (bleeding), Perforation (tearing) of the esophagus or stomach, an adverse reaction to one of the medications (such as a rash). Contact your doctor if you notice any of the following symptoms: rash, vomiting, fever.

After the procedure?

Occasionally, you may have a mild sore throat lasting one or two days. You can use lozenges or gargle with warm salt water for relief.

The day of your procedure:

- **Starting at midnight (12 am) – NOTHING to eat.**
- **Please continue to drink plenty of clear liquid but STOP 2 hours prior to your procedure.**

Probe-based Confocal Laser Endomicroscopy (pCLE) or Cellvizio Instructions: Your pre-procedure diagnosis may indicate that a microscope be placed down the endoscope where the physician can visualize cells in real time to determine pre-cancerous cells such as Barrett's esophagus. With this leading, cutting-edge technology, a dye must be injected intravenously. This dye has virtually no risk for allergic reactions or harm to the liver or kidneys. However, the dye may cause your urine to be bright yellow for the next 24 hours or so. If you have any questions regarding this, please ask one of the admission nurses or Certified Registered Nurse Anesthetists while present for your procedure.

If you have any questions or concerns regarding these instructions, please call the triage nurse at (309) 451-1123 for further guidance.