

## Esophageal Workup & Testing Esophagogastroduodenoscopy (EGD)

“The scope” EGD is an endoscopic procedure that *allows your doctor to examine your esophagus, stomach and duodenum (part of your small intestine)*. EGD is a small lighted flexible tube/scope that goes down your throat through your mouth into the *esophagus and stomach and into the small intestine to look for abnormalities*. EGD is an outpatient procedure, meaning you can go home that same day. It takes approximately 30 to 60 minutes to perform.

Endoscope

**Food & Drink:** Nothing to eat or drink after midnight the night before your procedure.

Avoid anti-inflammatories (ibuprofen, Motrin, Advil, Aleve, or naproxen) and aspirin and any medications containing these medications 1 week before your procedure.

**If you are Diabetic,** do not take any of your medications the day of your procedure. Take your regular diabetic medications the day before as usual, but not the day of the procedure. If you are on insulin you should only take half of your regular dose the day before your procedure.

Do not take any medications the day of your procedure except you CAN take chronic pain and/or anxiety medications on the day of your procedure if needed.

If you are taking a beta blocker and/or an antacid, you should take those in the morning of the procedure with a small sip of water as soon as you wake up in the morning.

Discharge: At the time of your discharge you will need someone to pick you up at the hospital and drive you home. You will not be allowed to drive yourself.

### EGD w/ dilation

Procedure that allows your doctor to dilate, or stretch, a narrowed area of your esophagus-swallowing tube. Can make it easier or help with swallowing.