

Esophagogastroduodenoscopy (EGD) Preparation Instructions

Date: _____ Time: _____ Location: St. Francis Hospital 2nd Floor Suite 202

Preparation Information:

1. Your stomach must be empty. **Do not** eat or drink anything after midnight to include: chewing gum, eating candy, smoking, etc.
2. You can take your anti-seizure, reflux/GERD, blood pressure, and heart medications the morning of your procedure with a sip of water. **Do not** take any other medications.
3. If you are a diabetic, do not take any long-acting insulin the night before the procedure and do not take any insulin or diabetic medications the morning of the procedure.

What to expect on the day of your procedure:

1. The doctor and/or nurse will explain the procedure and answer any questions you have.
2. Be sure to tell the doctor/nurse if you have had any other endoscopic procedures, what allergies you have, and if you have a history of adverse reactions to any medications.
3. You will be asked to sign a consent form giving permission for examination, the procedure, and sedation medications.
4. You will need to put on a hospital gown and remove your glasses, contacts, and dentures (as applicable).
5. While in a comfortable position on your left side, the doctor will pass the endoscope (camera) through your mouth and down your throat. There will be a guard placed in your mouth to protect your teeth and gums.
6. The tube does not interfere with breathing or cause any pain.
7. The procedure takes 10-30 minutes.

What to expect after your procedure:

1. You will remain in the endoscopy area for about 1 hour until the primary effects of the sedation medication have worn off.
2. Your throat may feel slightly sore, but this will improve over the next 24-48 hours.
3. After the procedure you may resume your regular diet.
4. You may feel slightly bloated due to air introduced during the procedure, but this will pass quickly.
5. If you were given sedation medications, you **MUST** have a companion/friend/family member/caregiver to drive you home. You **cannot** drive or operate machinery of any type for 24 hours.