



Patient Information Leaflet

EGD
Esophago-Gastro
-Duodenoscopy



Harley Street
Medical Centre



EGD

What is an EGD?

Esophagogastroduodenoscopy (EGD) is an endoscopic examination (looking inside the esophagus, stomach and upper intestine using a thin, flexible tube with a small video camera and light source) for the upper gastrointestinal tract for diagnostic or therapeutic purposes.

A Gastroenterologist can safely guide the instrument to carefully examine the inside lining of the upper digestive system. The high-quality picture from the endoscope is shown on a TV monitor. This gives a clear, detailed view of images and creates videos which are saved in a special documentation system.

Tiny instruments can be passed through an opening in the endoscope to take tissue samples, coagulate (stop) bleeding sites, dilate (widen) or stretch a narrowed area, or perform other treatments.

Who performs an EGD?

An EGD is performed by a specialized doctor (Gastroenterologist).

Why do I need an EGD?

- Abdominal pain
- Heart burn
- Difficulty swallowing
- Bleeding
- Weight loss
- Ulcers
- Tumors

How do I prepare before the procedure?

Regardless of why the procedure has been recommended for you, there are important steps you can take to prepare for the procedure. Talk to your doctor and give a complete list of all the medicines you are taking, including any over-the-counter medications and natural supplements. Also tell your doctor about any allergies to drugs or other substances.

Your medical team will also want to know if you have heart, lung or other medical conditions that may need special attention before, during or after the procedure. It is important they know if you are taking diabetic medications or anticoagulants (blood thinners) or have bleeding or clotting problems.

You should have nothing to eat for at least 8 hours before the endoscopy, as the upper gastrointestinal tract must be empty for optimal viewing and to minimize the risk of vomiting and later choking.

You will be given a consent form to read and sign. You have the opportunity to ask questions and receive a detailed explanation from the gastroenterologist performing the procedure.

What happens during the procedure?

Your vital signs will be monitored (including your blood pressure, pulse, and blood oxygen saturation).

The anesthesiologist will give you a drug to help you sleep during the procedure. While sleeping and lying comfortably on your side, the gastroenterologist will pass the endoscope through your mouth and carefully inspect the upper gastrointestinal tract. He will use the endoscope to look closely for any problems that may require evaluation, diagnosis or treatment.

In some cases, it may be necessary to take a sample of tissue,

called a biopsy for later examination under the microscope. This is a painless procedure. The procedure takes about 10 minutes. Again, you are not going to feel any discomfort or pain during the entire examination.

What happens after the procedure?

When your endoscopy is completed you will be cared for in a recovery area until most of the effects of the medication have worn off.

You will be informed about the results of the procedure and you will have the opportunity to ask questions.

You will be given instructions regarding how soon you can eat and drink.

You are not allowed to drive for 24 hours after the procedure because of the medications given during the procedure, so you will need to have a family member or friend take you home.

In a few days, you will hear from our endoscopy team with additional information, such as biopsy results.

What are the possible complications of this procedure?

Years of experience have proven that upper GI endoscopy is a safe procedure and complications rarely occur.

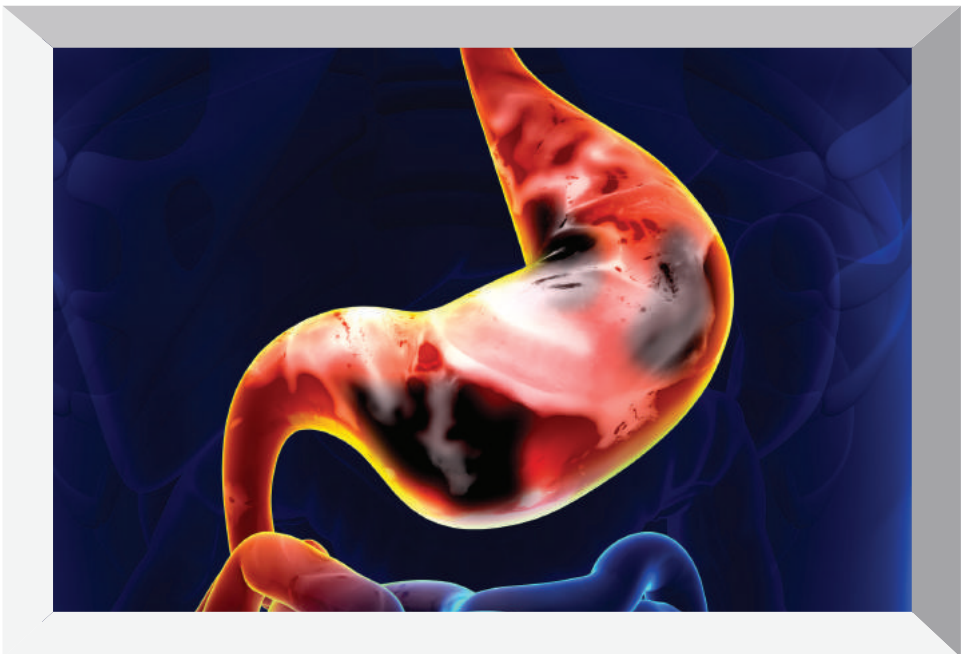
Possible complications include:

- Puncture (perforation) of the intestinal wall that could require surgical repair.
- Bleeding, which could require blood transfusion.

These complications are unlikely but be sure to discuss any specific concerns you may have with your doctor.

Reference:

American Gastroenterological Association (AGA), Patient Center; Preparing for an Upper GI Endoscopy





Harley Street Medical Centre

Marina Village | Villa No. A 20, A 21 & A 22 | P.O. Box: 41475 | Abu Dhabi - UAE
02 613 3999 | www.hsmc.ae

  HSMCAbuDhabi   Harley Street Medical Centre - Abu Dhabi