



**WAKE ENDOSCOPY CENTER
PREPARATION FOR UPPER ENDOSCOPY
(GASTROSCOPY)**

**** If you take Coumadin, Warfarin, Pradaxa please call our office for specific instructions.**

1. **DO NOT eat or drink anything after midnight on _____**
****If your procedure is scheduled for noon or later, you may have clear liquids until 6 am.**

2. Please take all regularly scheduled medications with a small amount of water the day of the procedure.

****If you use inhalers, bring them with you.**

**** If you use a C-Pap or V-Pap machine, please bring it with you.**

*****Diabetic medication adjustment:** Day before procedure: take your normal am dose of insulin or oral medication; take ½ of pm insulin dose, no oral diabetic medications. Day of procedure: do not take any diabetic medications until after the procedure.

YOU WILL BE SEDATED FOR THIS PROCEDURE AND WILL REQUIRE AN ADULT TO DRIVE YOU HOME. YOUR DRIVER WILL BE REQUIRED TO STAY AT THE FACILITY DURING YOUR PROCEDURE.

Your procedure is scheduled with Dr. _____

Date of Procedure _____ Location _____

Arrival Time _____ Procedure Time _____

If you have any questions, please call _____ at (919) 783-4888.

GASTROINTESTINAL ENDOSCOPY

You have been scheduled for gastrointestinal endoscopy also called esophagogastroduodenoscopy (EGD). The purpose of this test is to identify any abnormalities in your esophagus, stomach and/or duodenum by passing a flexible fiberoptic tube through your mouth and down the back of the throat into the esophagus. The results obtained from this test may explain the cause of symptoms such as abdominal pain, nausea, reflux, or difficulty swallowing.

HOW DO I PREPARE FOR THE EXAM?

Do not have anything to eat or drink after midnight the night prior to the exam. Please notify our office immediately if you are taking any blood thinners (coumadin, plavix, aggrenox) or diabetic medications. Please follow the enclosed instructions.

WHAT OCCURS DURING THE EXAMINATION?

Prior to beginning the examination the nurse may spray the throat with a numbing medication. The physician will give you medication to sedate you for the exam. Please notify our office of any medication allergies. The physician will use a small, lighted flexible fiberoptic tube, thinner than most of the food you swallow to examine the lining of the upper digestive tract. The procedure does not obstruct breathing passages. The physician may biopsy (take tissue samples) during the examination. The specimens will be sent to the pathologist for examination under the microscope. Biopsies are not painful.

ARE THERE ANY POSSIBLE COMPLICATIONS?

EGD is safe and is associated with a very low risk. Complications can occur but are rare. Possible complications include: hemorrhage (bleeding), perforation (tearing) of the esophagus or stomach, pneumonia, or an adverse reaction to the medications used for sedation.

WHAT CAN I EXPECT AFTER THE PROCEDURE?

Do not eat or drink anything for one hour after your exam. You may feel sleepy for several hours after the examination. Do not plan to return to work, drive or sign any legal documents for the remainder of the day. You may experience a mild sore throat lasting one or two days after the exam. You may use throat lozenges for relief.

If a biopsy is taken during your examination, our office will call you with your pathology results in 5-7 business days.