

# EGD Test Description

## EGD Test (Esophagogastroduodenoscopy)

Upper endoscopy, also known as EGD is a procedure performed by one of the HTC specialist where a small scope with a high definition camera and light on the end is used to look inside the esophagus, stomach, and duodenum (the first part of the small intestine). EGD enables the HTC specialist to evaluate the lining of the upper gastrointestinal track and take biopsies to assess for abnormal pathology in the esophagus and stomach including premalignant changes in the esophagus. The patient has moderate sedation during the EGD which provides relaxation and allows the patient to rest comfortably during the procedure.

## Preparing for the EGD Test

You will need a driver on the day of the procedure as it will be unsafe for you to drive for several hours after receiving sedatives. You won't be able to eat or drink anything for 6-12 hours before your test. People who wear dentures will be asked to remove them before the test. As with all medical tests, you will be asked to sign an informed consent form before undergoing the procedure.

## Where and how the EGD Test is administered

- + You will report to the endoscopy suite in the hospital on the day of your procedure. You will have an IV placed prior to your procedure. Your doctor will give you a pain medication and a sedative to prevent you from feeling any pain and block your memory of the procedure.
- + Your doctor will also spray a local anesthetic into your mouth to stop you from gagging or coughing as the endoscope is inserted. You will also have to wear a mouth guard to prevent damage to your teeth or the endoscope.
- + You will be asked to lie on your left side during the procedure. Once the sedatives have taken effect, the endoscope will be inserted into your esophagus and passed down into your stomach and the upper part of your small intestine (duodenum). Air is then passed through the endoscope so that your doctor can clearly see the lining of your upper gastrointestinal track.
- + During the endoscopy procedure your doctor will take small tissue samples that can be examined under a microscope to identify any abnormalities in the cells. The process is called a biopsy.
- + The complete test lasts approximately 10-15 minutes.

## Risks and complications of an EGD Test

In general, an EGD is a safe procedure. There is a very slight risk of injury to the esophagus, stomach, or small intestine. There is also a small risk of prolonged bleeding from the biopsy sites.

There is a small risk associated with the sedatives and pain medications used for the procedure. These include:

- + Difficulty breathing
- + Low blood pressure
- + Slow heart rate
- + Excessive sweating
- + A spasm of the larynx

Less than one out of every 1000 patients experiences these complications. You will be carefully monitored throughout the procedure by a specialty trained anesthesia staff member trained to safely manage any potential complication.

## What to expect after the EGD Test

- + A nurse will observe you for about 30 minutes following the EGD test to make sure that the anesthetic has worn off and you are able to swallow without difficulty or severe discomfort.
- + You may feel slightly bloated and have mild abdominal cramping. You may also have a sore throat. These effects are quite normal and should go away within 24-48 hours. Wait to eat or drink until you can swallow comfortably.
- + Your doctor will review the results of your testing at your follow-up appointment.