



## GASTROSCOPY

*IMPORTANT – Please read these instructions 2 weeks before your Gastroscopy (EGD).*

### Key Information:

- Your doctor has recommended that you have a gastroscopy. The doctor will pass a flexible rubber-coated tube into your esophagus (food tube), stomach, and duodenum (first portion of the small bowel) to look for abnormalities.
- You may eat a regular diet the day before your procedure, up until midnight.
- You may continue to drink liquids up until six (6) hours prior to your procedure time.
- Please leave any valuables at home.

### Transportation arrangements (mandatory)

- Due to the medications that you will receive for the procedure, you are **required** to have a responsible adult (age 18 or over) accompany you in and drive you home. We will need to verify your driver upon your arrival. Public transportation and taxis are only allowed if you **ALSO** have a responsible person to accompany you. If you do not have a driver, your procedure will be rescheduled.

Additionally, it is **REQUIRED** that you have a responsible adult available to you for 12 hours after your procedure to call for assistance should any complication occur from the conscious sedation, anesthesia or the procedure. The sedatives could affect your judgment and reflexes for the rest of the day. The day of the exam you will be asked to sign a paper that you agree to this arrangement before we can perform your exam. **Note: You will not be able to return to work until the following day.**

### If you are taking blood thinners or insulin:

- You may continue to take aspirin.
- If you have been told you will need a pre-procedure visit based on your type of anesthesia, the issue of when to stop your blood thinners or adjust your insulin will be addressed at the time of your pre-procedure visit.
- Patients not requiring a pre-procedure visit, please check with your prescribing physician about when to stop your blood thinners or adjust your insulin.

### What will happen during my procedure?

1. You will be interviewed by a Gastroenterology nurse/associate for all pertinent medical and surgical information including allergies and present medications
2. Other information more specific to your examination will be discussed. You will be required to sign a consent form giving the physician permission to perform the examination.
3. All patients will have intravenous access prior to beginning the exam. This allows for medication to be delivered to relax you. The medication is not intended to put you to sleep, although you may temporarily fall asleep. Specially trained staff will be with you during the exam. The exam may take 20 minutes. This may give a “gassy,” “crampy” sensation.

Biopsies (tiny snips) may be taken. Your physician will write you a letter with the results of any biopsies as soon as they are available.

## What about afterwards?

You may experience some cramping or bloating because of the air used during the exam. As you pass this air out over a few hours, you will feel better.

For your safety, a responsible adult must drive or accompany you home.

For the remainder of the day:

- Do not drive or operate machinery for 24 hours, sign legal documents or make important decisions (because of the sedation medication)
- Do not drink alcohol. Do not take sleeping or anxiety medications until bedtime (because they can mix with sedation medication still in your blood)
- You should not return to work. We recommend resting for the remainder of the day. You can resume normal activities the next day.

Refer to your copy of the discharge papers for further instructions.

## Risks of the procedure

There are risks involved, just as in almost everything in life. Specifically, there is a slight chance of adverse reactions from medications, or bleeding. Perforation is extremely rare, but you need to be aware of the possibility. Every possible precaution will be taken to minimize the risk of complications.

## Cost of the procedure

The expense of a Gastroscopy (EGD) is dependent on many factors, such as time required for the exam and the specially trained staff needed to perform the examination safely and efficiently. The actual final expense for you, the patient, of course depends on what kind of health insurance you possess. Please be sure to check your insurance plan, as some plans do not pay for procedures if their criteria are not met. Any questions you have regarding insurance coverage should be discussed with your insurance company prior to the procedure.

Please feel free to call with any questions to the Digestive Diseases Center where your procedure is scheduled. Out of consideration for the numerous patients who are on our waiting list for a Digestive Diseases procedure, we ask that if you need to cancel or reschedule this appointment, you do so at least 48 hours ahead of time. This will allow the doctor to fit in another patient who is waiting. Please be aware that considerable resources have been reserved for you for this procedure.

## Requirements for Patients Having Anesthesia

You will be having anesthesia during your procedure. It is **required** that you have a clinic visit with the Pre-Admission group within 30 days of your procedure date. The Pre-Admission office will be calling you to set this up.

Cooperstown – 1-800-227-7388 or 607-547-3388 and ask for the GI Lab

Oneonta Specialty Services – 607-433-6434

Delhi/O'Connor – 607-746-0406 or 607-746-0404

Herkimer – 315-867-2855

Little Falls Specialty Services – 315-823-1000, ext. 4312

Cobleskill – 518-254-3225