



# Esophago-gastro-duodenoscopy Instructions

## (Scheduled Moderate Sedation)

**Important** - Please read these instructions completely for best outcome.

### Key Instructions:

- Do not eat solid, soft, or creamy foods after midnight, the night before your procedure.
- You must stop all liquids **2 hours** before your procedure.
- Do not chew gum or eat hard candy the day of your procedure.

### Preparing for your Procedure

A nurse will call you before your appointment to go over your medications and instructions. Certain medications may need to be stopped or changed temporarily. It is important that we have a complete list of medications and supplements you are currently taking.

### Responsible Person

You will receive medications that make you sleepy during this procedure. Some of these medications can cause forgetfulness, and affect your ability to make decisions.

You must have someone who is over the age of 18 who can safely drive you home from your Endoscopy appointment. If you are using public transportation, you must have someone over the age of 18 ride with you.

You must have someone over the age of 18 be with you for 12 hours after your procedure. You will not be able to drive until the next day, and will need someone to help you in case of emergency.

### Before your Procedure

When you get here for your appointment, our registration staff will check you in. One of our staff members will bring you back to the admitting area and your nurse will get you ready for your procedure. Your nurse will ask when you last took your medications. It is helpful if you bring a list for the nurse to review.

Women of a certain age will need to take a pregnancy test, unless you have had a hysterectomy or are post-menopause.

The doctor will talk to you about the procedure and explain the risks, and benefits. They will also discuss other choices you have if you do not wish to go forward with this procedure. If you agree to continue, you will sign a consent.

An intravenous line (IV) will be placed in your arm or hand, and IV fluid given to you. Medications are given to you through this line during your procedure.

### **During your procedure**

The staff who will be with you during your procedure will greet you. The nurse will check that you have signed your consent for the procedure and all of your questions answered. Your nurse will take you to your procedure room.

Your nurse will make sure everyone is ready for the procedure to begin by reading aloud, your name and date of birth, the procedure that you are having, your list of allergies, and that you have signed the consents.

The nurse will help you place yourself on your side in a comfortable position, and a bite block placed in your mouth to protect your teeth. It is important to let us know if you have any loose or damaged teeth. Dentures that are not secure will need to be removed.

Your doctor will instruct the nurse to give you medications that will make you relaxed. The nurse will monitor you during your procedure.

### **After your procedure**

You will be taken to the recovery area after the procedure is over. A nurse will monitor you while you are waking up. You will be groggy.

Sometimes you will experience cramping that feels like gas pains. This is because air is used during the procedure. This discomfort will pass as you pass the air out of your body. If you feel pain that is getting worse, please let your nurse know right away.

The doctor will check on you while you are in recovery. They will talk to you about your procedure, and plans for follow-up. If you had biopsies taken, you will receive your results in your MyBassett app or in a mailed letter. If you have not received your results in 3 weeks, please call our office.

### **Cancellations**

Out of consideration for the numerous patients who are on our waiting list for a procedure, if you need to cancel or reschedule this appointment we ask you do so at least **5 days** before your scheduled procedure date. This will allow us to fit in another person who is waiting. Please be aware that considerable resources have been reserved for you for this procedure.

## **Need to reach us?**

- Cooperstown GI Lab: 607-547-3388
  - Monday – Friday 7:30 am to 5:00 pm
- Cobleskill Regional: 518-254-3373
  - Monday – Friday 8:00 am to 4:00 pm
- Herkimer Health Center ASU: 315-867-2839/2850
  - Monday – Friday 8:00 am to 4:00 pm
- Little Falls Ambulatory Surgery: 315-823-5351
  - Monday – Friday 8:00 am to 3:00 pm