

Explanation of Procedure and Sedation

What is an EGD?

An EGD lets a doctor see the inside lining of your esophagus, stomach and part of your small intestine to look for inflamed tissue, ulcers and bleeding.

For the test, the nurse will spray the back of your throat with a numbing medicine. This helps prevent throat soreness. You will receive moderate sedation to keep you comfortable during the procedure. The doctor will put a flexible, lighted tube called a gastroscope into your mouth and slowly guide it through your esophagus into your stomach and part of the small intestine so that he can see these areas.

If anything abnormal is seen during the exam, like inflamed tissue, the doctor can remove all or part of it. The tissue (biopsy) is sent to the lab for testing. If there is bleeding during the exam, the doctor can use supplies through the scope to stop the bleeding.

What is moderate sedation?

Moderate sedation is a very safe way to help you relax and be comfortable during the procedure. A nurse and the doctor will give you moderate sedation during the procedure. It is our goal to keep you comfortable with a quick, safe recovery.

What happens during moderate sedation?

Once you are in the procedure room, the nurse will monitor your vital signs. An oxygen tube will be put in your nose. Medicine to relax you will then be put into your IV. We are trained in moderate sedation. We will be with you the entire time, monitoring your heart rate, blood pressure, breathing, oxygen levels and alertness during the procedure, as well as afterward when you are in the recovery area.

How will I feel with moderate sedation?

You may feel sleepy, but are able to respond. The doctor and nurse can ask you questions to see how you feel. You may be able to feel sensations like pressure. The medication helps you relax; it does not put you to sleep. Our goal is to keep you comfortable.

What happens after your procedure?

We will observe you in the recovery area until your vital signs are stable (approximately 30 minutes). You may not remember anything that happened. You might feel sleepy, tired, dizzy or lightheaded, or have a dry mouth. Rarely, some people can become nauseous, vomit or develop a headache.

You must have a ride home. We will cancel your procedure if you are unable to arrange a ride.

Please confirm with your doctor at least fourteen (14) days before the test:

- If it is alright for you to stop taking **Coumadin, Heparin, Plavix** or other blood thinners for **seven (7)** days prior to your exam
- The recommended dose of insulin or oral diabetic medication to be taken the day of your exam

The day of the test

Do not eat any food for **eight (8)** hours prior to your exam.

Do not drink anything for **two (2)** hours prior to your exam.

You may take your medications (except for your blood thinners and diabetic medications) with sips of water.

On the day of your procedure, you will be here for **approximately two hours**. If you have any questions, please talk to your doctor or call the GI Lab at 262-798-7770.