

# Island View Gastroenterology Associates

[www.islandviewgastro.com](http://www.islandviewgastro.com)

CALL or TEXT 805-641-6525

## UPPER GASTROINTESTINAL ENDOSCOPY ESOPHAGOGASTRODUODENOSCOPY (EGD)

Your doctor has requested that you undergo an examination to visualize the inside of your esophagus (swallowing tube), stomach, and duodenum.

FIVE DAYS PRIOR TO THE PROCEDURE STOP TAKING NSAIDS(e.g. ASPIRIN, IBUPROFEN OR NAPROXEN) OR BLOOD THINNERS(e.g. PLAVIX, COUMADIN, OR WARFARIN) or FISH OIL

*\*UNLESS OTHERWISE STATED BY YOUR DOCTOR\**

Your endoscopy is scheduled on \_\_\_\_\_ Please report by \_\_\_\_\_ A.M./P.M.

Please check in at:

- Ventura Endoscopy Center (VEC)**-5810 Ralston St. Suite 101, Ventura, CA 93003
- Community Memorial Hospital (CMH)** - 147 N. Brent St. Ventura, CA 93003 (Mountain Tower)
- Ventura County Medical Center (VCMC)** - 300 Hillmont Ave. Ventura, CA 93003 (Admitting)

### **· Preparation for Procedure ·**

The night before the procedure, you may have nothing to eat after 7pm. You can only have clear liquids until midnight. You may drink small sips of clear liquids up to 4 hours before the procedure.

If taking any medications not listed above you are allowed to continue taking them if they cannot wait.

**No fluids 4 hours before your arrival time.**

**\*BLOOD PRESSURE MEDICATION MUST BE CONTINUED\***

**VERY IMPORTANT-YOU MUST HAVE TRANSPORTATION. AS YOU WILL BE SLIGHTLY SEDATED AND UNABLE TO DRIVE!! NO UBER/LYFT/TAXI/PUBLIC TRANSPORTATION UNLESS ACCOMPANIED BY A RESPONSIBLE ADULT (18YRS)**

**\*YOU WILL BE THERE FOR APPROXIMATELY 2 ½ HRS FROM YOUR CHECK IN TIME\***

#### **During the Procedure**

You will change into a hospital gown and be given medication intravenously to make you sleepy. Your doctor may treat the back of your throat with a gargle or spray to make it numb. When relaxed properly, the endoscopy will be placed in your mouth and you will be asked to swallow it. This is easily done because of the relaxing effect of the medication. The tube will not interfere with your breathing. If there are any questions of an abnormality, a biopsy (thin piece of tissue) will be taken for microscopic examination.

#### **After the Procedure**

As soon as the tube is removed, you may burp the air, which has been trapped in the stomach during the examination. Discomfort after the test is generally limited to mild soreness of the throat, which may last a day or two. After the test is completed, the doctor will be able to discuss the finding of the examination with you and your companion/driver. It is very important that you make arrangements to have someone bring you to the Center/Hospital and take you home. Some people are very sleepy and are confused after the exam and forget instructions or findings given by the doctor. If you are unsure about any information given to you, please call our office for a brief follow-up/or leave a number where the doctor can return your call.

If biopsies are taken, please call in 7 days at 805-641-6525 for the results.

**PLEASE NOTE: If a biopsy is taken, you will be billed separately by the hospital or laboratory.**

**Thank You!**