

FACTS & INFORMATION ABOUT UPPER ENDOSCOPY (EGD)

Upper Endoscopy is a procedure that allows the physician to examine the upper part of your GI (gastrointestinal) tract i.e. the esophagus, stomach and duodenum with a small flexible tube with a lens at its tip.

Upper Endoscopy is most commonly performed to evaluate symptoms of persistent upper abdominal pain, nausea, vomiting, or difficulty swallowing. It is also the best test for finding the source of bleeding from the upper gastrointestinal tract. It is also performed to treat certain conditions of the upper gastrointestinal tract. A variety of instruments can be passed through the endoscope that allow treatment with little or no discomfort, for example, stretching of the narrowed areas, removing polyps, or swallowed objects or treating bleeding from the upper GI tract. Safe and effective endoscopic control of bleeding has reduced the need for transfusions and surgery in many patients.

Upper Endoscopy is more accurate than an upper GI xray for detecting inflammation, ulcers, or tumors of the esophagus, stomach and duodenum. Upper Endoscopy can detect early cancer and can distinguish between benign and cancerous conditions by performing biopsies of the suspicious areas. Biopsies are taken for many reasons and do not necessarily mean that cancer is suspected. **The Biopsy results may take 4-5 days. Please call our office in 1 week.**

Patients are required not to eat or drink anything for at least 6 hours, typically it translates to nothing after dinner or midnight. Please notify us if you have any **allergies** or if you take **antibiotics** before dental work. Most medications need to be stopped or altered prior to the test, particularly insulin and diabetic medications.

Upper Endoscopy is a very well tolerated procedure. You will receive medications through a vein to help you relax and increase the tolerance of the procedure. You will be lying on your left side during the examination. The examination take between 10-20 minutes. Will be monitored after the procedure. You will be observed for 20-30 minutes after the test to allow the affects of the medication to wear off. **Since the medication impairs your reflexes and judgment, you are not allowed to drive or work all day.**

You may have a sore throat or feel bloated right after the test because of the air introduced into your stomach during the test. You will be able to eat your normal diet after you leave the procedure area unless instructed otherwise.

Although complications after an Upper Endoscopy are uncommon, it is important for you to be aware of the possibility. Bleeding may occur from a biopsy site or after the removal of a polyp. It is usually minimal and self limited and rarely requires transfusion or surgery. Localized irritation of the vein where medications were injected may cause a tender lump lasting at times for several days. This will go away eventually. Applying hot packs or hot moist towels may help relieve the discomfort. Other potential risks include a reaction to the sedatives used and complications from heart or lung diseases. Perforation is exceedingly rare and occurs less often than once in 10,000. **Please call our office immediately if notice any of the following symptoms after your procedure:**

- **Severe Abdominal pains**
- **Fever**
- **Chills**
- **Difficulty swallowing**
- **Increasing throat or chest discomfort**

This procedure is covered by most insurance companies. Please check with your insurance carrier if a precertification is needed and if the facility where the procedure is scheduled is part f the network. Insurance carriers will impose penalty if precertification is not obtained. Our office will assist you as much as we can, however, be advised that precertification is your responsibility. Our office will bill your insurance company, this is a courtesy extended to you without cost. You will receive a statement from our business office regarding charges, payments and balances due.

This information is sent to you to prepare and educate you for this procedure. If you have any questions please feel free to call our office. Your comments and questions are welcome.

Gastroenterologists Ltd

M H Barwani MD, FACG
1105 W Park Ave., Ste 1
Libertyville, IL 60048
Phone: 847-680-5880
Fax: 847-680-5881

