

Ambulatory Surgical Pavilion at Robert Wood Johnson

10 Plum Street, 4th Floor
New Brunswick, NJ 08901

General guidelines for your Esophagogastroduodenoscopy (EGD)

Why it's performed:

EGD is an endoscopic procedure that allows your doctor to examine your esophagus, stomach and duodenum.

It is used to look for a number of digestive disorders. Your gastroenterologist may use EGD to check:

- Abdominal pain
- Heartburn
- Persistent nausea or vomiting
- Swallowing difficulties
- Upper gastrointestinal bleeding
- Chest pain (without evidence of heart disease)
- Bloody stool
- Periodic screening, if your doctor thinks you are at risk for developing a digestive disorder
- Screening for another procedure you are scheduled to have
- To monitor an existing condition
- Removing foreign substances
- Control bleeding

Before the procedure:

- The PAT department on the 3rd floor will call you a few days before the procedure to schedule a COVID test.
- You will receive a phone call by 6pm the night before the procedure to let you know what time to arrive.
- Arrival times are given to admit you to the unit and prepare you for your procedure. It is important that you arrive at your given time. **Please Note:** *Unlike surgery centers this unit treats both inpatients and outpatients and emergencies may arise that may cause delays in scheduled procedure. Please be patient and know that we will provide you with*

Ambulatory Surgical Pavilion at Robert Wood Johnson

10 Plum Street, 4th Floor
New Brunswick, NJ 08901

the best care when you go into your procedure. Due to the unpredictable nature of procedure units, please be prepared to spend the day here.

- Do not bring any valuables or wear any jewelry the day of your procedure as we do not have space for you to secure belongings.
- Because you will be given medications to put you to sleep for the procedure, you will need to bring someone with you to take you home. You cannot drive or take public transportation alone for 24 hours after the procedure. We have limited space in the waiting area and we only can allow one visitor to wait during your procedure.
- If you need to send proof of your COVID vaccine please email it to VaccineStatus@rwjbh.org

Medications

- If you are taking medications for high blood pressure, seizures, or if you are taking prednisone, you may take these medications the morning of the procedure or at least 2 hours before the procedure with a small sip of water.
- If you are diabetic:
 - If you take a “sugar” pill, **do not** take it on the day of your procedure.
 - If you are taking regular insulin (R), **do not** take it on the day of your procedure.
 - If you are taking any other insulin preparation, please contact your prescribing physician for instructions.
- If you are taking Coumadin (Warfarin), Plavix (Clopidogrel), or other blood thinners contact your prescribing physician for instructions on when to stop taking this medication.
- If you are taking aspirin daily continue to take this medication.
- Tell your doctor if you have allergies

Prep/Diet

- Do **not** eat or drink anything 8 hours before your procedure to clear your esophagus of food products.

Day of procedure:

Your procedure will be done at Ambulatory Surgical Pavilion (ASP) on the 4th floor. The address is:

10 Plum Street

Ambulatory Surgical Pavilion at Robert Wood Johnson

10 Plum Street, 4th Floor
New Brunswick, NJ 08901

New Brunswick, NJ 08901

Arrive 1 ½ hours before your scheduled procedure time. When you arrive, you will register and give your medical history. You will need a responsible adult with you who will accompany you home. Bring with you a photo ID, insurance card, a list of medications that you take.

PARKING

- Park in the parking lot located on Plum Street and take the elevator to the 4th floor. Bring your parking ticket with you when you enter the Ambulatory Center. Upon arrival stop at the information desk on the 4th floor to check in and have your parking validated.

During EGD:

- We will start an IV in your vein to give you fluids, medications to put you to sleep, and other needed medications.
- A small plastic mouthpiece will be placed between your teeth to prevent damage to the endoscope.
- After you are asleep, the endoscope will be inserted through your mouth to your esophagus, stomach and duodenum.
- The mucosal lining will be examined as the endoscope moves through your gastrointestinal tract. The images will be shown on a monitor.
- Instruments may be passed through the endoscope if needed to get samples of tissue or digestive fluid. The samples will then be sent to a laboratory for testing.

After procedure:

Once the procedure is finished you will recover from anesthesia in the recovery area. Your doctor will discuss the procedure with you. *Please be advised, it is common after receiving anesthesia to forget some of the conversation you had with your doctor. For this reason, we suggest a family member be available for this conversation at your request.*

Do not drive, operate heavy machinery, or drink alcohol for 24 hours after your procedure. You should go home and rest after your procedure.

We recommend that you eat something light since you have not eaten for over 8 hours. Avoid fried foods, fatty foods and large quantities of food. Things such as: scrambled eggs, toast, a sandwich are good choices. You may eat more food once you have tried something light to

Ambulatory Surgical Pavilion at Robert Wood Johnson

10 Plum Street, 4th Floor
New Brunswick, NJ 08901

make sure you do not become sick to your stomach. You may also have excess gas, so you may choose to avoid foods that cause additional gas, such as beans or carbonated beverages.

Call your doctor right away for:

- Severe or new onset abdominal pain that doesn't improve by passing gas
- Rectal bleeding that turns the entire toilet bowl red
- Fever greater than 101.5 or chills
- Vomiting blood, black or coffee ground looking material
- Severe dizziness, fainting or chest pain

Common side effects:

- Nausea or Vomiting
- Excessive gas, bloating or cramping
- Throat discomfort

Please Note: These symptoms usually go away on their own within 24-72 hours after your procedure. If your symptoms are severe and continue please notify your physician or go to the emergency department.

Medications after discharge:

You can restart your daily medications following your procedure. If you are taking any medications that thin your blood discuss with your doctor when to restart these medications.

Commonly prescribed blood thinners:

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)
- Heparin
- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin (acetylsalicylic acid)
- Enoxaparin (Lovenox)
- Ticagrelor (Brilinta)

Ambulatory Surgical Pavilion at Robert Wood Johnson

10 Plum Street, 4th Floor
New Brunswick, NJ 08901

Follow up:

Contact your physician to schedule a follow up appointment:

Clinical Academic Building (CAB)

125 Paterson Street
Suite 5100B
New Brunswick, NJ 08901
Phone: 732-235-7784

IMPORTANT PHONE NUMBERS:

Rutgers GI Clinic: 732-235-7784

GI clinic Schedulers: 732-235-5973

Interventional GI clinic Schedulers: 732-235-8970

ASP Main Phone Number 732-253-3200

ASP Admitting 732-253-3208

PAT Department 732-418-8204, 732-418-87165, or 732-729-7000 x6617

For after hour **emergencies** call 732-235-7784

