

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 hospital will call you a few days before your procedure to tell you what time to arrive. If you need information before receiving this call you call the hospital PAT department at **732-828-3000 extension 36616**. If you need to confirm your arrival time after you have received this call you can call the endoscopy schedulers at **732-253-3210**.
- 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 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.***

- Some procedures or recoveries require a hospitalization that we may not always be able to predict, so be prepared to stay in the hospital if necessary.
- 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 Robert Wood Johnson University Hospital in the endoscopy suite on the second floor above Walgreens. The address is:

1 Robert Wood Johnson Place

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 hospital parking lot located on Little Albany Street and take the elevator to the 1st floor. Bring your parking ticket with you when you enter the hospital. Upon arrival stop at the information desk on the 1st floor to check in and have your parking validated. Turn left as you exit the elevator on the 1st floor and take the North building elevators located in the main lobby to the 2nd floor. When you get out of the elevators make a right and another quick right. At the end of that hallway make a left, pass the Cardiac Cath lab and a set of elevators on your right. You will then see the Endoscopy department on your left-hand side above Walgreens and Starbucks.

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 endoscopy unit. 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 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)

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

Robert Wood Johnson Schedulers: 732-828-3000 x33210

GI clinic Schedulers: 732-235-5973

Interventional GI clinic Schedulers: 732-235-8970

Hospital PAT department **732-828-3000** x36616

For after hour **emergencies** call 732-235-778

