

# Preparing for Your EGD

Generally, we ask you not to eat or drink anything for six hours prior to the examination. Usually you will be asked to take nothing by mouth after midnight the evening before the procedure.

## Taking Medications Before Your EGD

However, if you have been given a prescription for blood pressure, heart and/or asthma by your physician, you should take these medications with a small sip of water prior to coming in for your EGD procedure.

## Sedation for Your EGD

As sedation is used for your procedure, plan to bring someone with you who is willing to stay the waiting room throughout your procedure and drive you home afterwards.

## What to Expect After Your EGD

Generally, you may be slightly groggy from the sedation just after the procedure. You may experience some gas discomfort as air is used to inflate the stomach. This generally passes quickly. You can eat or drink anything after the procedure, once the numbing medicine applied to the back of the throat has subsided. We ask that you not drive after the procedure, but you can go about your business as usual the next day. If you have severe abdominal pain, fever or vomiting, you should call our office immediately.

## Key Reminders

### Night Before My Procedure

- Don't eat anything after midnight
- Don't drink anything after midnight - including water

### Morning of My Procedure

- Don't eat anything
- Don't drink anything, including water (except I may have a small sip of water to take my blood pressure, heart and asthma prescription medications)
- Leave valuables at home, but remember to bring my insurance cards

- Travel with a responsible adult to the procedure center, who will stay in the center's waiting room during my procedure and who is willing to drive me home afterwards
- Arrive 30 minutes prior to my appointment

### **After My Procedure**

- Do not drive a car or operate machinery until the day following my procedure
- I can eat or drink normally
- I can return to full activity the day following my procedure
- I will report severe abdominal pain, bloating, fever, chills or chest pain to the office at 794-4585 if it occurs within 24 hours after my procedure.