

## Esophagogastroduodenoscopy (EGD)/Upper Endoscopy

- Your appointment is on: (*date*) \_\_\_\_\_ (*time*) \_\_\_\_\_
- With Dr. \_\_\_\_\_
- **YOU MUST ARRIVE AT :** \_\_\_\_\_ (*45 minutes before scheduled time*)
- You are scheduled to have your test done at:
  - RUSH-Downtown
  - RUSH-Oak Park Hospital
  - RUSH-North Shore
  - Lincoln Park Hospital

### What is the test?

You will be having a test called an esophagogastroduodenoscopy (EGD, for short). During this test, the doctor will examine your feeding tube (esophagus) and your stomach with a special instrument called an endoscope. This instrument is a long flexible tube, similar to a telescope, which lets the doctor clearly see the inside of your esophagus and stomach. If necessary, the doctor can take a tissue sample, (biopsy), but you will not feel this. You will be in our office for one to three hours, from the time you arrive in our office until the time you are ready to leave.

### How should I get ready?

Your stomach must be empty of food so that the doctor can see clearly. To prepare you for this examination:

- If your test is scheduled in the morning, you may eat dinner the night before the test, **BUT DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**
- If your test is scheduled in the afternoon, you may eat a clear liquid breakfast before 7 a.m. of the day of the test, **BUT DO NOT EAT OR DRINK ANYTHING AFTER 7 A.M.** Clear liquids include broth, jello, clear soda, tea, fruit juice, popsicles and water. As a general rule, if you can see through the liquid, it is OK to consume.

### What else should I know?

1. If you are a diabetic, do not take your usual dose of insulin or oral diabetic medication on the day of the test. Check with your primary care physician about your insulin or oral medication dose. It is a good idea to bring your insulin and a syringe with you to the exam.
2. If you are taking any of the following medications, please check with your primary care physician:
  - Aspirin, ibuprofen, arthritis medications or non-steroidal medications (in other words any over-the-counter painkillers or prescription painkillers)
  - Coumadin or other blood thinners
  - Herbal medicines or supplements or iron pills

You will **NEED TO BE OFF** these medications for five days, if your primary care physician agrees to it. You may take plain Tylenol for pain.

3. If you take blood pressure, heart, asthma, seizure or other medicines in the morning, you may take them with small sips of water at 6 a.m. on the day of the test.
4. Be sure that you know the names and doses of your medications or that you bring a list of your medications with you to the exam.
5. Be sure that you tell the doctor or nurse if you have a heart murmur, an artificial heart valve, a pacemaker or a defibrillator, any artificial joints, or if you are pregnant.
6. Please arrange to bring a friend or family member with you to the test. **YOU WILL NEED SOMEONE TO HELP YOU GET HOME. YOU MAY NOT DRIVE AFTER THE TEST. IF YOU DO NOT HAVE SOMEONE TO ACCOMPANY YOU HOME AFTER THE TEST, YOU WILL HAVE TO RESCHEDULE. YOU MAY NOT TAKE A CAB HOME ALONE.**
7. If you can not keep your appointment, please call at least 72 hours in advance. Call (312) 942-5861 to cancel or reschedule.

**On the day of the test:**

Plan to arrive **45 MINUTES** before your scheduled appointment time. **YOU WILL NEED TO HAVE PROOF OF INSURANCE AND YOUR REFERRAL IF YOUR INSURANCE REQUIRES IT.** Tell them you are having an upper endoscopy or EGD.

**RUSH-  
Downtown**

**If your exam is scheduled at Rush University Medical Center:** Go to Professional Bldg. II, 1725 W. Harrison, Elevator II, Suite 339. You will register there and the test will be done there. Notify the receptionist that you have arrived.

**RUSH- North  
Shore**

**If your exam is scheduled at Rush North Shore:** Go to presurgical services area located in the main lobby to register. The presurgical services staff will direct you to the endoscopy unit located on the first floor.

**RUSH- Oak  
Park**

**If your exam is scheduled at Rush-Oak Park Hospital:** Free parking is available on Wisconsin Ave. and Maple Ave. Enter at 520 South Maple. Register at outpatient registration, and then take the "A" elevator to the 5<sup>th</sup> floor. Notify the receptionist that you have arrived. Notify the receptionist that you have arrived and have a seat in the waiting room.

**Lincoln Park  
Hospital**

**If your exam is scheduled at Lincoln Park Hospital:** Go to admitting on the 1<sup>st</sup> floor to register. After registering, proceed to the GI endoscopy unit. Take elevator A to the 2<sup>nd</sup> floor. Let the nurse know that you have arrived.

Your name will be called and the nurse will check to see if you have someone with you to take you home after the exam.

**IF YOU DO NOT HAVE SOMEONE WITH YOU TO TAKE YOU HOME AFTER THE EXAM, YOU WILL HAVE TO RESCHEDULE.**

You will be taken to the procedure room. There, you will undress and put on a hospital gown. The nurse will ask you questions about your health and then place a needle (IV) in your hand or arm. You will need to sign a consent that will allow the doctor to perform the exam.

**The exam**

You will be instructed to lie on your left side. You will be given medicine through the IV that will help you relax and feel sleepy. Your blood pressure, heart rate and breathing will be monitored by the nurse. You may feel bloated or need to belch during the exam because air is used to inflate the stomach, to allow the doctor to see clearly. You will feel better when you belch. If you are uncomfortable, you will receive more medicine through the IV. The actual test will take between 30 and 60 minutes.

**After the exam**

It will take you 30 to 45 minutes to wake up from the medicine. You will be in our recovery area, where a nurse will be monitoring your blood pressure, heart rate and breathing. The doctor will discuss the results of your exam with you once you are awake. You will receive instructions to take home with you.

**YOU MUST HAVE SOMEONE WITH YOU TO HELP YOU GET HOME AFTER THE EXAM. YOU WILL NOT BE ABLE TO DRIVE.**

**Test results**

You may have biopsies taken during the test. These are sent to a laboratory to be processed and examined under a microscope. The results will be mailed to you in 2 weeks after the test. In order for us to mail you the results, **MAKE SURE THAT YOU COMPLETE A RESULT FORM WITH YOUR CORRECT ADDRESS.** If you do not get your results after 2 weeks, please call us at 312-942 5861.

**Questions?**

If you have any questions, please do not hesitate to call us at 312-942-5861.