



**Anatomy of the
Digestive System**

Appointment Information

Date: _____

Report To: _____

Arrival Time: _____

Procedure Time: _____

Please call our office at (972) 253-4205 if you are unable to keep your appointment.

 **FINE DIGESTIVE HEALTH**
JEFFREY S. FINE, MD • GASTROENTEROLOGY

6750 N. MacArthur Blvd., Suite 300
Irving, TX 75039
1-972-253-4205 Office
1-469-317-7022 Fax
www.drfoodsensitivity.com

Preparing for
**Upper
Gastrointestinal
Endoscopy
(EGD)**



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Anatomy of Upper GI Endoscopy

Upper GI endoscopy (EGD) allows the physician to look directly at the upper gastrointestinal tract, including the esophagus, stomach, and the first and second portion of the duodenum of the small intestine. Upper GI endoscopy can diagnose ulcers, inflammation, tumors, and causes of bleeding or pain. It is also used for taking biopsy specimens, removing foreign objects or polyps, stopping bleeding, and opening blockages.

Are there any possible complications?

EGD is safe and is associated with a very low risk. Complications can occur but are rare. Possible complications include:

- hemorrhage (bleeding)
- perforation (tearing) of the esophagus, stomach or duodenum
- pneumonia, or sore throat
- an adverse reaction to one of the medications

In very rare circumstances, death could result from a complication.

Preparations Before Scheduling Endoscopy

1. Tell Dr. Fine if you are taking any blood thinners such as aspirin, Coumadin®, Persantine®, Eliquis®, Xarelto®, Trental®, or any anti-inflammatory or anti-arthritis products. Dr. Fine will usually recommend stopping these medications several days prior to your procedure for Coumadin, and seven days for all others unless specified.

2. If you are a diabetic patient on insulin, hold your a.m. insulin dose/oral hypoglycemic agent. The staff will check your glucose level after your procedure and adjust your insulin dose accordingly.
3. If you have any condition that requires you to take preventative antibiotics before you have a procedure, please tell Dr. Fine.
4. Make sure Dr. Fine or his staff have a list of current medications you are taking, and inform them of any allergies to medications or anesthetics.
5. Provide the office with your insurance information so authorization can be obtained. If you do not have insurance or other financial coverage, you will need to make financial arrangements ahead of time in the business office of the hospital or surgery center and doctor's office before the day of the exam.

Preparing for Endoscopy Day Of The Exam:

Arrive at the hospital or surgery center one hour before your procedure is scheduled so necessary preparations can be made.

1. It is best if your stomach is empty for at least 6 hours prior to the procedure. If the procedure is scheduled for morning, do not have anything after midnight the night before the exam.
2. If the exam is in the afternoon, you may have clear liquids (no milk products) until 6 hours before the exam and then nothing by mouth.
3. You may take prescribed medication with a small amount of water 6 hours before the test.

4. Plan on staying three hours. The procedure takes a few minutes, however, recovery from sedation will take longer.
5. You must have a driver present. You will be able to walk, but not fully concentrate. You probably will not remember the procedure or talking with Dr. Fine so the driver will have a copy of written instructions and any results of the test.

After the Procedure

1. You may have a mild sore throat lasting one to two days. You can use lozenges for relief. You may have gas or cramps.
2. Do not eat or drink for one hour (if you have a fever after the procedure, call Dr. Fine's office immediately.) Eat light the day after the procedure.
3. Do not drive for 24 hours after the procedure.
4. You will be notified of any test results by our office within 1 week. If you have any questions, please ask or call our office. Make a follow-up appointment within 4 weeks after the procedure is performed, unless otherwise designated in post procedure instructions.
5. Avoid all blood thinners at least 14 days following the procedure, especially if a biopsy was performed.
6. Take all medications to completion as prescribed by Dr. Fine.