

North Florida Surgery Center

UPPER ENDOSCOPY

Upper endoscopy, also called EGD, (with stands for esophagogastroduodenoscopy) is a procedure which allows the doctor to look inside the upper gastrointestinal tract which includes esophagus, stomach, duodenum (first portion of the small intestine). A thin, flexible, lighted tube is used to look inside the lining of the upper GI track.

Upper endoscopy is used to determine the causes of gastrointestinal diseases and symptoms including heartburn, nausea, vomiting, acid reflux, Barrett's esophagus, swallowing difficulties, abdominal pain, bleeding, unexplained anemia, and presence of hiatal hernia. This procedure is the best method to detect inflammation, ulcers, and cancer of the upper GI tract. It is also used to dilate strictures, treat bleeding abnormalities, and take biopsies (small tissue samples) for further diagnosis.

Preparing for Upper Endoscopy

Your doctor will give you all the instructions to prepare for the endoscopy. Usually, you will not be able to eat or drink anything for about 6 hours before the procedure. You must also arrange for someone to drive you home after the procedure as you are not allowed to drive due to sedation.

Procedure (What happens during an endoscopy?)

Intravenous (IV) sedation is used to keep you comfortable during the procedure. Doctors and nurses will continue to monitor your vital signs. You will be lying on your left side during the procedure. Once you are sedated, the endoscope is inserted into the mouth and gently advanced to visualize the esophagus, stomach and duodenum. The doctor can see the lining of the upper GI tract on a video screen. The procedure usually takes 10-20 minutes depending on what is being done. Most patients do not remember the procedure afterwards.

After the procedure you will be taken to a recovery area. It can take about 30 minutes for the sedation to wear off. Once you are awake, the doctor will discuss the results of the procedure. If biopsies were taken, the doctor will give you a follow up appointment to discuss the results. At the time of discharge, you will be given post procedure instructions and a follow up appointment with your doctor.