

EGD OR GASTROSCOPY

Your doctor has requested that you have an EGD or gastroscopy. It has been scheduled on _____ at Mitchell County Regional Health Center. You will receive a phone call a couple days before your procedure regarding your time of arrival. If you have not been notified of your arrival time the day before your procedure, please call 641-732-6073.

What is an EGD or gastroscopy?

An EGD or gastroscopy is a procedure to look at the inside of the upper portion of your gastrointestinal tract (esophagus, stomach, and duodenum). During the exam, your doctor may also remove small tissue samples for testing.

This procedure is very safe. Complications are rare and include, but are not limited to, perforation (tearing) of the esophagus which would require surgical repair, bleeding, infection, drug reactions, irritation at the IV site, and complications from unrelated diseases such as heart attack or stroke.

Before your procedure:

1. **You must not take PLAVIX or COUMADIN for at least one week before your procedure.** These medications may cause prolonged your bleeding. Your procedure may be canceled if you are taking these products at the time of your procedure.
2. Please fill out the ***Same Day Surgical form*** (page 3) white areas only and bring with you the day of your procedure. Do **not** fill out areas highlighted in gray. Be sure to bring a list of all medications including vitamins and supplements and how you take them on the form.
3. If you are not on Medicare and have questions regarding your insurance coverage, please contact your insurance carrier prior to your procedure.
4. Please follow the instructions listed below:
 - You may eat and have normal fluid intake the evening prior to your procedure.
 - **Do not eat or drink anything after midnight.** We want you to have an empty stomach for your procedure.
 - You may take medications with a small sip of water up to two hours prior to your exam. (If you have diabetes see Guidelines for Diabetes Patients Having Surgery).

The day of your procedure:

1. Please come to the front entrance of the hospital and report to **Patient Registration**. After you register, you will be escorted to the Same Day Surgery unit.

If you have any questions or would like more information contact us at:



Specialty Clinic
616 North Eighth Street
Osage, Iowa 50461-1498
Phone: (641) 732-6090
Fax: (641) 732-6033
osagehospital.com

2. Please bring the following with you on the day of your procedure:
 - a. Your completed Same Day Surgical form.
 - b. Insurance cards
 - c. Social security number
 - d. Medicare and Medicare supplement information.
 - e. If not currently on file here, please bring a copy of your living will/medical power of attorney, if available.
 - f. If you are on insulin, bring your bottle of insulin or insulin pen.
 - g. If you are under 18 years of age and not married, a parent or guardian is needed to sign the surgical consent.
3. Upon your arrival to the SDS unit, the nurse will ask you to change into a hospital gown and will complete the rest of the paperwork. You will be asked to sign a consent form for the procedure.
4. An IV will be started to give you fluids and also for any medications needed prior to your procedure.
5. At the time of surgery, your anesthesia provider, surgeon, and surgery nurse will answer any questions. Feel free to ask any questions you may have. The actual surgery time can vary due to unforeseen situations such as emergencies or surgeries taking longer than expected.
6. You will be taken to the procedure room and transferred to another bed. Monitors will then be placed to watch your blood pressure, pulse, and blood-oxygen content during the procedure.
7. You will be asked to turn to your left side and receive medications through your IV that will make you sleepy.

After your procedure:

1. You will be returned directly to the SDS unit after your procedure and prepared for discharge.
2. We want you to start taking fluids before you return home. When you are alert, your vital signs are normal, and, you are drinking and eating, your doctor will discharge you with instructions.
3. You must have a driver to take you home. It is recommended someone remain with you for 24 hours due to the effects of sedation and anesthesia.
4. Plan on resting the remainder of the day. Do not drive a car, drink alcohol, operate complex machinery, or make major decisions for 24 hours.
5. If any biopsies or tissue samples are taken during your procedure, results will be given via a letter or follow-up appointment with the surgeon

If you have any questions about your EGD or gastroscopy, please call the Specialty Clinic at 641-732-6073 and we will be glad to help you. If it is the night before your procedure and questions arise or you need to cancel your procedure after clinic hours, please call 641-732-6000.

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