



Phone: (907) 745-8100

INSTRUCTIONS FOR ENDOSCOPY

Upper gastrointestinal endoscopy (or EGD) is an examination of the lining of the esophagus, stomach, and part of the duodenum, using a flexible instrument placed through the mouth. Biopsies may be done through the instrument, which are painless, but may add additional time to the procedure. You will be sedated during the procedure and will have little or no discomfort or memory of the procedure.

Some medications will be given before the procedure, which will make you drowsy. The back of your throat and tongue will be sprayed with a medication, which will numb it for about an hour.

1. Do not eat, drink or smoke anything after midnight the night before the exam, including gum, candy, water, chewing tobacco, antacids, and prescription medications.
2. Wear a shirt or blouse, which can easily be changed to a hospital gown.
3. Make arrangements for someone to drive you home because of the effects of the medications.
4. The total time at the medical facility will be 3-4 hours.