

## Upper Endoscopy (EGD)

Upper GI endoscopy is a procedure that uses a lighted, flexible endoscope to see inside the upper GI tract. The upper GI tract includes the esophagus, stomach, and duodenum—the first part of the small intestine.

### Your doctor may recommend an upper GI endoscopy for a number of reasons:

Upper GI endoscopy can be used to determine the cause of:

- Abdominal pain
- Nausea
- Vomiting
- Swallowing difficulties
- Gastric reflux (GERD)
- Unexplained weight loss
- Anemia
- Bleeding in the upper GI tract

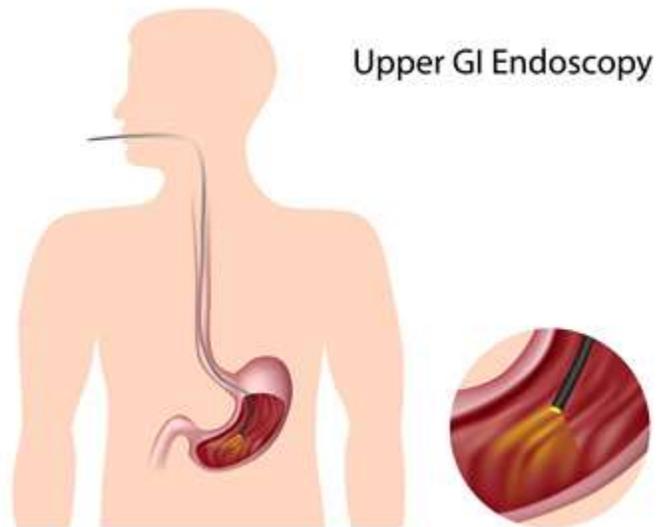
Upper GI endoscopy can also be used to remove stuck objects, including food, and to treat conditions such as bleeding ulcers. It can also be used to biopsy tissue in the upper GI tract. During a biopsy, a small piece of tissue is removed for later examination with a microscope.

### How is upper GI endoscopy performed?

Upper GI endoscopy is conducted at a hospital or outpatient center.

Patients may receive a local, liquid anesthetic that is gargled or sprayed on the back of the throat. The anesthetic numbs the throat and calms the gag reflex. An intravenous (IV) needle is placed in a vein in the arm if a sedative will be given. Sedatives help patients stay relaxed and comfortable. While patients are sedated, the doctor and medical staff monitor vital signs.

During the procedure, patients lie on their back or side on an examination table. An endoscope is carefully fed down the esophagus and into the stomach and duodenum. A small camera mounted on the endoscope transmits a video image to a video monitor, allowing close examination of the



intestinal lining. Air is pumped through the endoscope to inflate the stomach and duodenum, making them easier to see. Special tools that slide through the endoscope allow the doctor to perform biopsies, stop bleeding, and remove abnormal growths.

## **After the Procedure - Recovery**

An upper GI endoscopy usually takes about 10-15 minutes. Cramping or bloating may occur during the first hour after the procedure. Discharge instructions should be carefully read and followed.

Patients who develop any of these rare side effects should contact their doctor immediately:

- 1) Severe abdominal pain
- 2) Vomiting
- 3) Fever
- 4) Black, tarry, or bloody bowel movements
- 5) Dizziness
- 6) Weakness