



Walter Reed
National Military
Medical Center

GASTROENTEROLOGY SERVICE

Patients receiving sedation

MUST HAVE

Adult Escorts

PRESENT

at check-in

or

your procedure

Will be Cancelled.

Upper Endoscopy (EGD) Instructions

PROCEDURE DATE

ARRIVAL TIME (Not Procedure Time)

PURPOSE of UPPER ENDOSCOPY or EGD

- A. Abnormalities can be visualized and further information obtained by taking a biopsy.
- B. A diagnostic exam that allows the physician to carefully examine the lining of the esophagus, stomach and duodenum with a flexible tube equipped with a light and camera.

LENGTH OF TIME *Preparation Time ½-1 hour; Procedure ½-1 hour; Recovery ½-2 hours=2-4 Hours*

GENERAL INSTRUCTIONS

You will receive sedation for your procedure and will not be able to drive yourself home after the procedure. You must have a responsible adult pick you up in the Endoscopy Unit to discuss your discharge instructions prior to your discharge and accompany you home. You will not be permitted to use any form of military or public transportation after your procedure if you are unaccompanied by an adult. Bus, taxi or shuttle drivers DO NOT fulfill the requirement of a responsible adult. **YOUR PROCEDURE WILL BE CANCELLED IF YOUR ADULT ESCORT DOES NOT ARRIVE WITH YOU AT THE CHECK-IN DESK. AT A MINIMUM YOU SHOULD PLAN FOR 3 – 4 HOUR WAIT AND YOUR DRIVER SHOULD NOT LEAVE THE HOSPITAL GROUNDS.**

Your Designated Driver must arrive with you or your procedure may be cancelled.

1. **It is recommended that females of childbearing age have a urine pregnancy test done within 72 hours prior to the procedure. Menopause is defined as last period was more than 12 months ago; if your last period was more recent, please submit a pregnancy test. It can be done in the WRNMMCB lab 1 hr before your appointment time. The lab opens at 0700.**
2. You may take Tylenol (acetaminophen), Motrin or Aspirin if you need a pain reliever. Formerly we asked patients to stop Aspirin before their procedures, this is no longer necessary.
3. Heart and blood pressure medications should be continued and taken the morning of the exam. Check with your physician regarding other medications, especially insulin, if you are diabetic.
4. If you are diabetic, hold your Metformin (Glucophage) for 24 hrs before your procedure. Hold any other oral diabetic medications the morning of the procedure and check your blood sugar before arrival. If your blood sugar is 70 or below, please inform the staff immediately upon your arrival.
5. Please bring your health record from the Military Facility where it is maintained (if they will release it) and your military ID card.
6. Please report to the front desk of Gastroenterology in Building 9 on the 1st Floor for your appointment.

7. Leave valuables at home or with the adult who accompanies you for the procedure.
8. Wear comfortable clothes.
9. Please bring your glasses to read the consent forms.
10. Remove all body piercings.
11. **DO NOT DRINK ANY ALCOHOL** the evening before the procedure.

There will be a waiting period prior to the procedure. The NNMC staff strives to give every patient individualized, quality care. We apologize for any inconvenience that a waiting period may cause you.

PROCEDURE

1. An intravenous line (IV) will be placed in order to provide medication for sedation and comfort. You will be receiving conscious sedation - you may be awake or asleep for the procedure depending on how the medications affect you but the goal is comfort.
2. Oxygen will be administered and your heart rate and blood pressure will be monitored continuously during the procedure..
3. You will lie comfortably on your left side and the registered nurse will administer sedative medications.
4. The physician will insert a flexible, lubricated scope through a plastic bite block into the upper GI tract with the aid of you swallowing. The physician will then proceed to examine your esophagus, stomach and duodenum. Biopsies will be taken, if needed.
5. After the exam, you will rest in the recovery room until you are able to tolerate liquids and move about unassisted.

DAY OF YOUR PROCEDURE DO NOT FOLLOW ANY OTHER INSTRUCTIONS

You may not have anything solid to eat after midnight.

0530	For Arrival time <u>before 1200</u>, STOP drinking clear liquids at 0530 DO NOT DRINK ANYTHING INCLUDING WATER AFTER THIS TIME.
1100	For Arrival time <u>1200 or later</u>, STOP drinking clear liquids at 1100 DO NOT DRINK ANYTHING INCLUDING WATER AFTER THIS TIME.

Clear liquids include any of the following that are **not red or orange**: strained fruit juices without pulp (apple, white cranberry, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade or similar sport drinks, Kool-Aid (or other fruit flavored drinks), plain Jell-o (without fruit or toppings), Popsicles and carbonated soft drinks (Pepsi, Coke).

OUTPATIENT DISCHARGE INSTRUCTIONS:

1. **You** are advised to go directly home and rest quietly for the remainder of the day.
2. For 24 hrs after your procedure:

DO NOT Drive or operate any machinery

DO NOT Consume any alcoholic beverages

DO NOT Sign any legal documents or make critical decisions

DO NOT Take any **un-prescribed** medications

3. You may resume your normal diet.

IF YOU HAVE ANY QUESTIONS, CONTACT THE NURSE EDUCATORS OFFICE AT (301) 319-8284, BETWEEN 0800-1600 (WEEKDAYS). PLEASE CONTACT US IF PROBLEMS ARISE BEFORE YOUR PROCEDURE OR IF YOU NEED TO CHANGE OR CANCEL YOUR PROCEDURE.

PLEASE GIVE AT LEAST 48 HOURS NOTICE WHEN CANCELING. LESS THAN 48 HOURS NOTICE MAY DELAY CARE AND INCREASE MEDICAL COST. IF YOUR PROCEDURE IS CANCELLED LESS THAN 48 HOURS PRIOR TO YOUR PROCEDURE YOU WILL BE CONSIDERED A "NO SHOW".

ANY PATIENT THAT CANCELS GREATER THAN TWO (2) PROCEDURE APPOINTMENTS WILL NEED TO HAVE A CLINIC APPOINTMENT BEFORE BEING PLACED BACK ON THE ENDOSCOPY OR CTC SCHEDULE. SPECIFIC CIRCUMSTANCES MAY BE ADDRESSED AT THE DISCRETION OF THE MEDICAL DIRECTOR.