Vanderbilt University Medical Center

GI Endoscopy Lab

EGD/ESOPHAGOGASTRODUODENOSCOPY

An esophagogastroduodenoscopy is an examination of the upper gastrointestinal tract using a slim, flexible, lighted tube with a camera at the tip. The upper GI tract includes the esophagus (swallowing tube), stomach, and the first part of the small intestine (duodenum).

PREPARING FOR AN EGD

8 HOURS BEFORE: **DO NOT EAT OR DRINK ANYTHING.** If you have an afternoon appointment (after 12:30) you may have clear liquids until 8 hours prior to the test. Examples include: coffee or tea (no cream), all soft drinks, white cranberry or apple juice, clear beef or chicken bouillon cubes. You may not have red or purple liquids or red or purple Jello.

This procedure is typically performed with anesthesia or sedation. This will be discussed when you are contacted by a nurse for your pre-assessment evaluation. If it is determined that sedation or anesthesia is necessary depending on your diagnosis and/or physician preference, a driver must accompany you and stay in the waiting area during your procedure.

If you have any questions regarding the test or instructions above please call the Endoscopy Nurse at (615) 322-1881.