

Thank you for choosing Humboldt County Memorial Hospital for your procedure.

Your Procedure is scheduled for _____.

Please report to the HCMH Surgery Center for registration.

- The surgery department will call you 2 days before your procedure with your arrival time. If you have any questions before then please call, 1-515-332-7669.
- Our team will update you on current masking requirements.
- You may need to have COVID testing complete before your procedure if you are: (1) presenting with any COVID-19 symptoms or (2) have had close contact with someone testing positive within the last 10 days or (3) at the providers discretion. We will complete the test the day of your procedure once checked in.

What Is An EGD (Esophagogastroduodenoscopy)

An Upper GI (EGD) is a procedure that allows the physician to visualize the esophagus, stomach, and duodenum directly. A flexible tube with a powerful light source is passed through the mouth and into the upper GI tract. The exam allows the physician to diagnose bleeding, inflammation, tumors, or polyps. It also allows for the physician to obtain specimens and to treat certain conditions through the scope. The physician can also dilate any structures of the upper GI tract with the use of an inflatable balloon through the gastroscope. The length of time required to perform your EGD ranges from 15 minutes to an hour.

How To Prepare For Your EGD

- Do not eat or drink after midnight the evening before your procedure.
- Do not eat or drink 8 hours before your procedure.
- Please arrange for a ride to and from the hospital. Leave all personal belongings at home.
- Please bring a list of medications and insurance cards.
- Please tell the nurse if you are taking any medication that effect your blood, such as, Plavix, Coumadin, Eliquis, or Xarelto. You may be asked to hold these medications.
- Call your insurance company to Pre-certify your procedure.
- Prepare for 3-5 hours for your procedure.

During Your Procedure

You will change into a hospital gown when admitted and an IV will be started. IV sedation will be administered through the IV just before your procedure in the procedure room. You will lie on your left side in the procedure room and your vitals will be monitored throughout the procedure. A bite block will be placed in your mouth to protect your teeth.

After The Procedure

- You will recover in the outpatient recovery room, the same room you were admitted in. Recover times vary with each individual.
- You will resume normal eating habits unless the physician orders a special diet and then a dietician will visit with you.
- You will receive printed discharge instructions.
- A follow up appointment may be made if necessary. Details will be on your discharge instructions.
- A nurse will call you 24-48 hours after your procedure to make sure you do not have any questions.

HCS
MH **HUMBOLDT COUNTY**
MEMORIAL HOSPITAL
SURGERY CENTER & PAIN CLINIC
515-332-7669

