

**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.**

- **HCMH Surgery Department will call you 3-5 business days** prior to your procedure to discuss your arrival time and to answer any questions you may have.
- Our team will update you on current masking requirements.

**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 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**

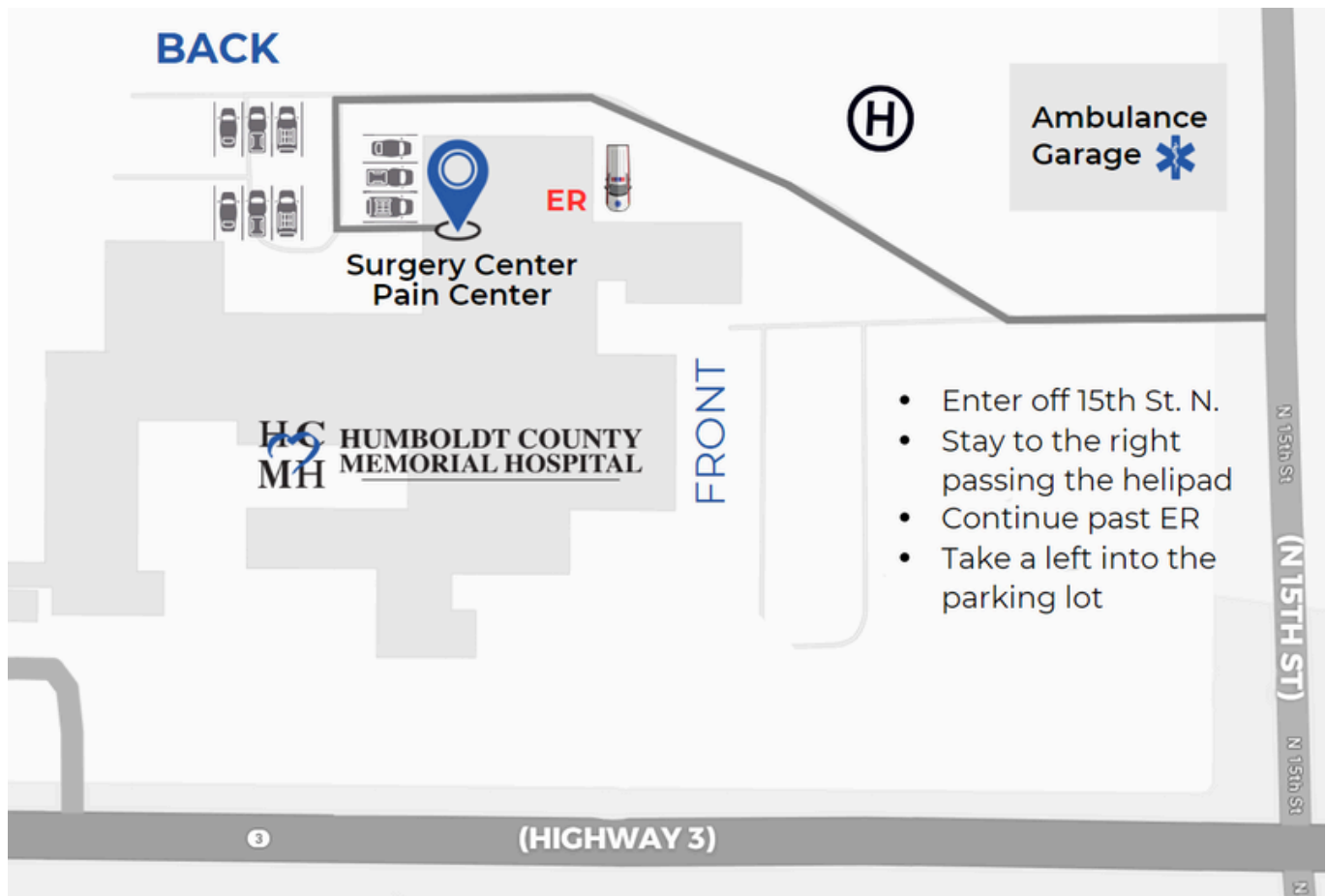
- You will recover in the outpatient recovery room, the same room you were admitted in. Recover times vary with each individual.
- You will resume normal eating habits unless the physician orders a special diet and then a dietician will visit with you.
- You will receive printed discharge instructions.
- 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.

## Additional Instructions:

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**To the left is a picture of our entrance** (located on the back side of the hospital).



If you get lost or have questions **please call us at 515-332-7669.**