

Anthony P Sgouros, MD
60 Goldens Bridge Road
Katonah, NY 10536

PREPARING FOR YOUR ENDOSCOPY

An upper endoscopy, or EGD, is a procedure for examining the walls of the upper gastrointestinal system.

The instrument used is a flexible tube containing a small hollow channel and a light and lens system that permits visual and photographic inspection and the performance of some minor surgical procedures, i.e., biopsy, hemostasis, injection of medication, dilation, removal of polyps, etc. The tube is passed into the mouth and air is introduced to allow better viewing. Sedatives are given into the vein in an effort to make you more comfortable.

Since you will be sedated for the procedure, you **must have an escort to take you home after the procedure, or the procedure will be canceled.** The procedure lasts about 15 minutes, but may be shorter or longer depending on technical difficulty and what needs to be done. The recovery period after the procedure is usually about 30-60 minutes.

Risks: No procedure can guarantee 100% diagnostic accuracy and all involve some risks. Serious complications are rare and consist of tearing or perforating the wall of the stomach or intestines, bleeding, infection, or having a bad reaction to medication. These complications are rare. More commonly, the sensation of fullness or cramping may be experienced after the procedure.

If you need to cancel your appointment, we ask that you provide adequate notice so another patient can be given your time slot. Failure to do so may result in an administrative fee charge. If you have any questions or concerns about your procedure, please contact the office.

Upper GI Endoscopy Preparation Instructions

Two Days Before the Procedure:

- Stop anticoagulants such as Warfarin, Coumadin, Plavix, Heparin, Pradaxa. Stop aspirin and anti-inflammatory analgesics such as Ibuprofen (Advil) and Aleve. Tylenol (acetaminophen) is OK to take.
- Do not stop your other medications, such as blood pressure and heart medications. These medications can be taken on the day of the procedure with a small sip of water.

For Morning Procedures:

- Do not eat or drink anything except clear liquids after midnight the night before your procedure.
- Stop all oral intake, including clear liquids and pills two (2) hours before your procedure.

For Afternoon Procedures:

- Do not eat solid food for at least 6 hours before the procedure.
- You may have clear liquids up to 2 hours before your procedure time. A liquid is clear when you can see through it, even if it has color.

Your appointment: Date: __/__/____ Time: ____:____ AM PM Arrive at: ____:____ AM PM

Location: 60 Goldens Bridge Road, Katonah, NY – Lower Level

Please note that procedures are not done at any of our other locations.