

# What to Expect When You Need an EGD

**What is EGD?** An EGD, which stands for esophagogastroduodenoscopy, is a procedure that can be used to diagnose problems with your esophagus and stomach and the first part of your small intestine. During an EGD, these areas are viewed through a small, flexible tube that is inserted through your mouth and throat. A sample of tissue (*biopsy*) may be taken if needed. An EGD can help doctors find problems at an early stage.

**What do I need to do to get ready for an EGD?**

Don't eat or drink anything for six hours before the procedure is scheduled. This is important, because your stomach should be empty for the test. If you have food or fluid in your stomach, it may get into your lungs during the test or you may vomit.

If the EGD is to be done in the morning, do not eat or drink anything after midnight the night before. If it is scheduled for later in the day, do not eat or drink for six hours before the test. If your mouth is dry, you may have a few ice chips or sips of water, but nothing more. You may brush your teeth in the morning, but do not swallow the water.

When you are scheduling the test with your doctor's office, tell them if you take any kinds of medicines or drugs. Depending on the medicine or drug you are taking, you may need to not eat or drink anything for a longer time before the test to avoid problems. You may need your medication schedule changed. Be sure to tell the office staff if you have ever needed prophylactic antibiotics for any reason.

**Do I need to have someone come with me?**

Yes. Someone should come with you to drive you home and stay with you for a few hours after the test. You can give him or her this handout to read.

**What happens during an EGD?**

When you get to the doctor's office, tell the doctor or nurse about any medicines or drugs you are taking (especially if you are taking tranquilizers), including drugs you can buy without a prescription (like cough medicines or aspirin). Drugs can change the type and amount of pain killers you will need.

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Before the test, an intravenous (IV) line will be inserted. Medicine to make you sleepy will flow through this line. Your doctor may also spray some medicine into your throat to numb it so the tube will bother you less.

During the test, you will be on your side facing your doctor. Your doctor may ask you to swallow at a certain time to help move the tube down your throat. The medicine you have been given will make you very groggy and you may fall asleep shortly after this.

## Is EGD painful?

An EGD is only slightly uncomfortable for most people. The most uncomfortable part of the test is when the tube first goes in. The medicines you will receive should help you relax and make you more comfortable.

## Is there anything I should be careful about after the procedure?

Most people nap for one to three hours after an EGD and then feel fine. Do not plan to drive a car or do anything that requires coordination or concentration for at least four hours and up to eight hours after an EGD. The medicines you received for the test will start to wear off by then.

Do not drink any alcoholic beverages for eight hours after you have an EGD. The alcohol can mix with the medicine and make it stronger.

Call your doctor right away if you feel very dizzy or have any other symptoms that upset you, or if you have any questions.



This handout provides a general overview on this topic and may not apply to everyone. To find out if this handout applies to you and to get more information on this subject, talk to your family doctor.

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