

## EGD (upper endoscopy) Preparation

**Heritage Medical Associates Pediatric Gastroenterology:** (629) 255-2488

**Franklin Surgery Center:** Phone: (615) 550-6066 | 9160 Carothers Pkwy, Franklin, TN 37067

**Centennial Medical Center:** Phone (615) 342-1000 | 2221 Murphy Avenue, Nashville, TN 37203

Procedure Day: \_\_\_\_\_

---

### Important Reminders

- Please call the office during regular business hours if your child develops a fever, cough, or cold at any point leading up to the procedure date. Your child's safety is our top priority.
  - Finish any required lab work at least 48 hours before the procedure.
  - Complete your surgery center papers.
  - If you have diabetes, consult with your endocrinologist.
- 


### Procedure Facility

You may get up to three phone calls from the surgery center before the procedure.

- One to ask about your child's health and give instructions
  - One to go over payment (co-pays, deductibles)
  - One from the anesthesiologist or nurse
- 

### Arrival Time

- You will receive an arrival time at least 1 day before your scheduled procedure. If you have not received an arrival time, call the facility or the office the day before your procedure.

 **Midnight the night before - DO NOT EAT or DRINK after midnight** unless the surgery center or your gastroenterologist says otherwise.

**My Arrival Time:** \_\_\_\_\_

## PROCEDURE DAY

---

### Before Your Procedure

- Drive safely and offer calm reassurance to your child.
  - Arrive on time. If you have not already completed your surgery center paperwork, you will do this when you check in.
  - Older female patients may be required to give a urine sample for pregnancy testing. **(wait to pee)**
  - You and your child will be brought to the pre-op area, where your child will change into a surgical gown.
  - Please let your nurse know if your child has any preferences or special needs.
  - The nurse will start an IV.
  - You will meet with your nurse, anesthesiologist, and gastroenterologist before the procedure.
- 

### During Your Procedure

- Endoscopy is a safe and fast procedure that is used to evaluate the inside of the esophagus, stomach, and small intestine
  - You will lie on a comfortable bed and be taken to the procedure room.
  - You will be kept warm under blankets during your procedure.
  - The anesthesiologist or nurse anesthetist will help you fall asleep and keep you comfortable throughout the procedure.
  - A thin, flexible tube (camera) is passed through the mouth and into the stomach. Multiple biopsies (small samples of tissue) will be taken from the lining of the esophagus, stomach, and duodenum, even if everything appears healthy. Biopsies may be taken to evaluate for food intolerances as well.
  - Upper Endoscopy (EGD) can last between 5 and 15 minutes.
- 

### After Your Procedure

- **School Excuse**  
You will receive a doctor's note to excuse you from school for the day of your procedure.
- **Results**  
Your gastroenterologist will review initial findings with you immediately after the procedure. Biopsy results will be discussed at your child's follow-up visit.

- **How will I feel?**

When you wake up after your procedure, you might feel sleepy or a little dizzy. Most people feel okay, but you might have some stomach cramps, feel bloated, or feel a little sick to your stomach.

- **Activity**

Rest at home for the rest of the day after your procedure. The next day, you may go back to your normal activities like school, work, sports, or driving.

- **Eating**

You may eat and drink whatever you want after your procedure. Start with small amounts and eat slowly. Don't eat too much at once. Stay away from foods that usually upset your stomach.

---

## Post-Procedure Problems

- *If you are experiencing significant problems after your procedure, please notify your gastroenterologist and seek care in the Emergency Room.*

- **Stomach Pain**

It is normal to have some stomach pain or cramps after your procedure. This is usually from gas in your belly. Walking around your house, using a heating pad, eating a small meal, or taking a nap can help. You may take a dose of Tylenol (acetaminophen), but you should not take ibuprofen and other NSAID medications. If your pain is very bad and lasts more than 1 hour, go to the ER and let your gastroenterologist know.

- **Vomiting Blood**

It is normal to throw up some flecks or streaks of old blood after an endoscopy. If you throw up bright red blood more than once, go to the ER and call your gastroenterologist.

- **Bruising**

You might get a bruise where the IV was in your hand or arm. If it hurts, put a cold pack on it.

- **Pain with Swallowing**

This usually improves within 1 day, but can sometimes last 3-5 days. If it hurts for more than 1 day or you can't drink enough, call the office. Ensure that your food or drink is not too hot or cold.

- **Neck or Back Pain**

Some people have neck or back pain after an endoscopy due to muscle strain. Use a heating pad, gentle stretching, and Tylenol (acetaminophen).

- **Chest Pain**

Some people have mild or moderate chest pain after an upper endoscopy. Take deep breaths and don't over-exert yourself. You may take Tylenol (acetaminophen), but you should not take

ibuprofen and other NSAID medications. If you have very bad chest pain, trouble breathing, or chest pain with a fever, go to the ER and call your gastroenterologist.

- **Vomiting**

You might feel sick or throw up after your procedure. If your doctor gave you medicine for nausea, you may take it. If you keep throwing up for more than a couple of hours, go to the ER and call your gastroenterologist.

---

## **Reflux Test / “Alpha ONE”**

- Some patients who undergo placement of an acid reflux probe, “AlphaONE” device, experience difficulty swallowing or chest pain. This is generally worse during the initial 24 hours after placement and should subside with time.
- You may take age-appropriate doses of Tylenol, but you should AVOID ibuprofen and NSAIDs
- Avoid eating very hot or very cold foods or drinks.
- Ensure that foods are soft and easy to swallow (do not attempt to swallow chunks of meat or raw vegetables)
- If you experience nausea, take anti-nausea medication and breathe deeply and slowly.
- Some patients do experience vomiting.
- If the device malfunctions, please call the HMA Pediatric GI office for instructions.
- Please return the device after 96 hours / or this upcoming Monday.