

# Let's Talk About...

## Upper Endoscopy (EGD)

### What is an upper endoscopy?

**Upper endoscopy** [en-DAW-skuh-pee], or EGD for short, is a procedure that allows your doctor to look inside your child's upper digestive system. Using a long, flexible tube with a tiny camera at one end (an **endoscope**), the doctor can look inside your child's esophagus [eh-SAW-fuh-gus], stomach, and upper duodenum [dew-AWE-den-um] (the first part of the small intestine).

### Why does my child need an EGD?

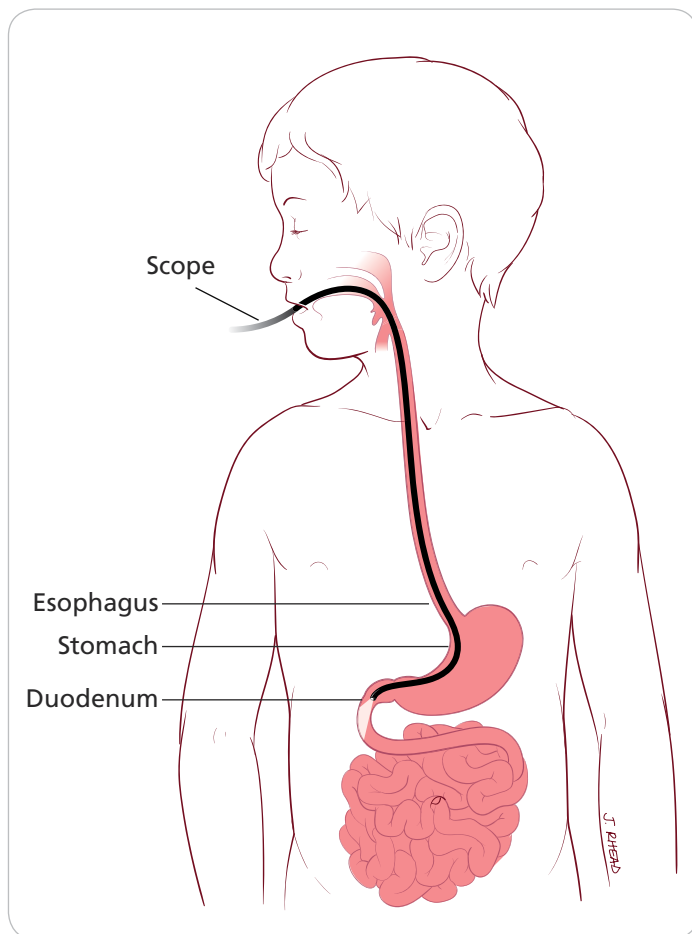
EGD allows the doctor to diagnose and sometimes treat problems in the digestive system, including:

- Swallowing difficulties
- Nausea or vomiting
- Ulcers or gastric bleeding
- Reflux, heartburn, or indigestion
- Abdominal pain

### What happens during an EGD?

An EGD usually takes 20 to 40 minutes. This is what usually happens during the procedure:

- The doctor will spray your child's throat with numbing medicine.
- Your child will receive anesthesia (medicine that makes them sleepy) so they will not remember the test. Children who receive anesthesia may have a breathing tube placed in their nose or mouth that reaches into their lungs. This helps them to breathe during the test.
- The doctor will monitor your child's heart rate, breathing, oxygen level, and blood pressure during the procedure.
- A mouth guard will be placed between your child's teeth to help relax their jaw.
- The endoscope will be passed through the mouth guard, down into the esophagus, stomach, and intestine.
- The doctor may remove a tiny piece of tissue for testing. This is called a biopsy [BY-op-see]. Your child should feel no discomfort from the biopsy or after the procedure.



## How do I prepare my child for the EGD?

Your child's stomach must be empty so the doctor has a clear view. An empty stomach also makes sedation or anesthesia safer. In general, **do not give your child anything to eat for 8 hours before the exam and do not give them anything to drink for 3 hours before the exam.** Your doctor may give you different instructions about eating and drinking, depending on your child's age. It's important that you follow your doctor's instructions.

**Check in at Outpatient Registration at least 60 minutes before your scheduled appointment.** You will be asked to sign a consent form to give permission for the procedure. At that time, you will have another chance to talk about the procedure with your doctor or nurses. If your child has any allergies, be sure to tell the doctor before the procedure.

If you have additional questions about the EGD, this is the time to ask your doctor or nurses.

## What happens after the EGD?

After the EGD, you may be with your child. The doctor will discuss the exam results with you. You will also learn about your child's recovery, recommended activity level, and diet. Your child's healthcare team will watch your child closely until they wake up completely.

### When should I call my child's doctor?

Call your child's doctor right away if they have:

- Difficulty swallowing or breathing
- A fever of 100.4° F (38.0° C) or higher
- Vomiting that lasts more than 6 hours or is severe or is causing dehydration
- Pain that won't go away

## What do kids say about the exam?

No procedure feels the same to every child. This is how other children have described this procedure:

### Before

Children most remember the IV being placed.

### During

Most children and teens do not remember the exam because of the anesthesia medicine that makes them sleep through the test.

### After

- Your child may have a sore and scratchy throat after the test because of the scope or the breathing tube.
- Your child may be a little dizzy or confused from the anesthesia medicine.
- Your child may feel sick to their stomach (nauseous) from the anesthesia. This is common. If they throw up, there may be small amounts of blood in the vomit.

### Notes

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