



## INFORMATION NOTICE ESOPHAGOGASTRODUODENOSCOPY (EGD)

### INDICATIONS

This exam allows us to see the oesophagus, the stomach and the first part of the small intestine (duodenum). At present, there is no better test to see these parts of the body.

The exam is recommended to quickly arrive at a precise diagnosis and thereby be able to implement the most suitable treatment.

If need be, during the test the Doctor might painlessly pick up very small pieces of tissue for a more in-depth analysis under the microscope (**biopsies**).

### PREPARATION

Your stomach must be empty, so you must refrain from eating or drinking from the midnight preceding the test (**FAST**). If the test is conducted in the afternoon, you might at the most have a light breakfast in the early morning, before 8h00. If you have to take some medicines, drink only small sips of water.

### EXECUTION METHOD

The exam is conducted by letting a small and flexible pipe pass through the mouth; you will have to remove your glasses, contact lenses and any dental prostheses.

An anaesthesia of the oral cavity will be performed through a spray; it is a local anaesthetic similar to the one used by a dentist for gingival anaesthesia, and it is thus important that you report whether you previously experienced problems with this type of anaesthesia.

This substance has a bitter taste that might give the impression of “a closed throat”.

If you so wish, a **sedative** will also be administered intravenously to you, which will **reduce anxiety without causing you to fall asleep** and will allow you to feel less discomfort during the test.

Should that be the case, you will have to come with someone able to drive, and in any event with a responsible person above age, since the administered sedative compromises one's driving ability in the hours following the test.

Due to the sedative effect of the administered drugs, you will need a 6 hours' rest, during which you must avoid driving, riding a bike or performing other potentially dangerous activities.

In a comfortable position, inside a special room, lying on your left side, the doctor will let the instrument go through the mouth and the throat (a mouthpiece will protect your teeth).

The instrument will not prevent you from breathing and will cause you no pain; you might only feel the need to expel air from the stomach, air that is introduced during the test to stretch the walls of the bowel.

The test lasts around 5-10 minutes.

Before the test, a small peg will be placed on the finger, without squeezing it: it is an equipment that enables the theatre staff to control the oxygenation of your blood and the throbbing of your heart.

There are currently no diagnostic methodologies alternative to EGD, with the same sensibility and specificity, for the diagnosis of organic diseases of the initial digestive tracts.

The test is generally well tolerated and does not pose significant risks, if properly conducted at the hands of experts, even in paediatric age or in particularly debilitated subjects.

The main complications, albeit with an extremely low 0.13% incidence, consists in perforation, haemorrhage and cardiorespiratory complications.