

Procedures/Diagnostic Tests (3SWN)

Self care after: EGD (*Esophagogastroduodenoscopy*)

Your procedure was performed by Dr: _____

Date:

Resume your regular diet and all previous medications, unless your doctor instructs you otherwise. Your doctor will give you specific instructions if and when it is safe to resume anti-inflammatory medications or blood thinners.

For the next 24 hours:

- 1. Do not drive or operate any machinery for at least 24 hours after your procedure.** The sedatives may block your ability to concentrate or respond quickly, so this may be dangerous.
- 2. Do not drink alcohol.** The combination of alcohol and sedation can affect your body in a way that can be dangerous to your health.
- 3. Do not make important decisions, sign contracts or legal documents.** You may not think clearly because the sedatives slow your body and mind.
- 4. REST!** You received sedatives during your procedure, and these may make you tired or dizzy.

For the next 48 hours:

- *Eat soft food.* DO NOT eat hard, crispy food like potato chips, or fried chicken.
- DO NOT take Alka-Seltzer.
- DO NOT drink carbonated beverages.
- You may use antacid (such as Mylanta, Maalox) as needed.

After this procedure you may experience any of the following:

- Mild sore throat or discomfort for 1-2 days (You may take a throat lozenge.)
- Gas, bloating or cramping (DO NOT take Alka-Seltzer.)

Call your doctor IMMEDIATELY at the emergency numbers (below) if you have any of the following:

- Fever or chills
- Chest pain
- Severe throat pain or neck swelling
- Vomiting blood, bleeding from the mouth, passing blood or black stools with bowel movements
- Severe abdominal pain
- Severe dizziness, weakness, or fast heart rate
- Shortness of breath
- Inability to swallow or eat
- Severe nausea and vomiting
- Any unusual pain or problem
- Pain or redness at the site where the intravenous needle was placed
- Severe nausea and vomiting
- Any unusual pain or problem
- Pain or redness at the site where the intravenous needle was placed

In case of emergency

Call your doctor *IMMEDIATELY* through the NIH page operator at 301-496-1211. During office hours, call 301-451-0336 and ask to be connected with the GI nurse.

If you have any questions about these instructions, please call (301) 451-0336 during office hours (6 a.m. to 6 p.m., Monday through Friday) and ask to speak with the GI nurse.

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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Questions about the Clinical Center?
<http://www.cc.nih.gov/comments.shtml>

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