
TOKYO MEDICAL AND SURGICAL CLINIC

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*The day of examination mm/ dd/ yy/ (:) AM with Dr. P. Seez, M.D., Ph.D.

ESOPHAGO-GASTRO-DUODENOSCOPY

WHAT DOES IT MEAN

It is the examination of the esophagus, stomach and duodenum with a small camera (flexible endoscope) of 7 mm diameter that is inserted down the throat. It allows inspection of the respective parts of the upper intestinal tract by direct view via glass fibers. When deemed necessary, also some tissue samples can be taken (biopsy) from diseased tissue through the endoscope. Photos will be taken routinely for documentation.

ALLOWING TIME

The examination itself takes usually less than 15 minutes. Including preparation time, you should allow for about 90 minutes.

PREPARATION

You will be instructed not to eat any solid food after dinner (should finish before 9 pm) of the previous day and only drink water in the morning of the examination.

When entering the examination room the nurse will ask some questions, and you are requested to remove all dentures and to take off your shirt or blouse and put on a hospital gown. The nurse will give you an oral liquid medicine with detergent effect to the mucus of the stomach, and intramuscular injection for relaxation of the stomach.

THE EXAMINATION

Generally, the examination is done under sedation with a short-acting sedative (Flunitrazepam), which is intravenously applied by the examining physician at the beginning of the examination. The examination is just unpleasant but not painful and can be done without sedation if so requested.

The nurse will give you some gargle and spray medicine for anesthesia of the throat. You will bite on a mouthpiece through which the fiberscope will be inserted into your mouth, and with a gentle swallowing reflex the instrument will pass the throat. Now you may feel some fullness of your stomach because of expansion with some air, which will be removed later. During the examination you should just relax and concentrate on deep regular breathing.

AFTER THE EXAMINATION

You should not eat or drink for 60 minutes after examination because of the local anesthesia of your throat. If you received the intravenous sedative you may feel drowsy for a few minutes up to one hour after the examination. You should relax as needed under observation by the nurse. You should not drive, operate machinery or drink alcohol for the rest of the day after having the sedative unless you opted for not having sedation.
