



Upper Endoscopy home instructions

Patient name _____ is scheduled for a endoscopy on

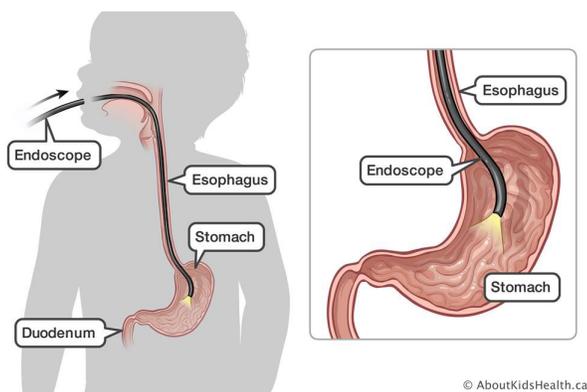
Date: _____

Location: Children's Hospital 200 Henry Clay Avenue 2nd floor of the pavilion

If your procedure is scheduled for a Monday, you will be called on the Friday before.

What is this study?

Your child has been scheduled for an upper endoscopy (also known as EGD or esophagogastroduodenoscopy). The procedure consists of passing a tube into your child's mouth, down the esophagus, into the stomach and finally into the first part of the small intestine (duodenum).



Along the way, biopsies will be taken. This does NOT hurt your child. Thus, in addition to looking inside your child, the physician can also tell microscopically if there is something wrong.



Children's Hospital
New Orleans
LCMC Health

How is the procedure done?

Your child will be taken to the Special Procedures Room on the second floor. All patients are connected to a heart monitor which assists the physician in the assessment of your child throughout the procedure. This does NOT hurt. Your child will then be asked to lie down and they will be given a whiff of gas. Then the IV will be started for deeper sedation. At this time, a plastic mouthpiece will be placed in their mouth. This is to protect your child from biting down on the tube and to protect the teeth.

The physician then passes the tube through the mouthpiece and into the esophagus, stomach and then duodenum. The procedure usually lasts 15-30 minutes; however, it can last longer. Do not be alarmed. The entire process may be a little uncomfortable at times, but it does not hurt. In fact, children remember very little of the procedure.

Preparation

You will receive a call before the scope from a nurse to make sure your child is not sick and to review their medical history.

Your child must be without food after midnight. This is an essential part of the test. They may have clear liquids (anything you can look through) from midnight until four (4) hours before the procedure.

Infants under 6 months of age may have formula up to 6 hours before the scheduled procedure time. They may have some water, Pedialyte, apple juice, 7-up or Sprite until 3 hours before the procedure. If they are breast feeding, they may be breast fed until 4 hours before the procedure time.

A Same Day Surgery nurse will help you determine the times when they call you with your arrival time.

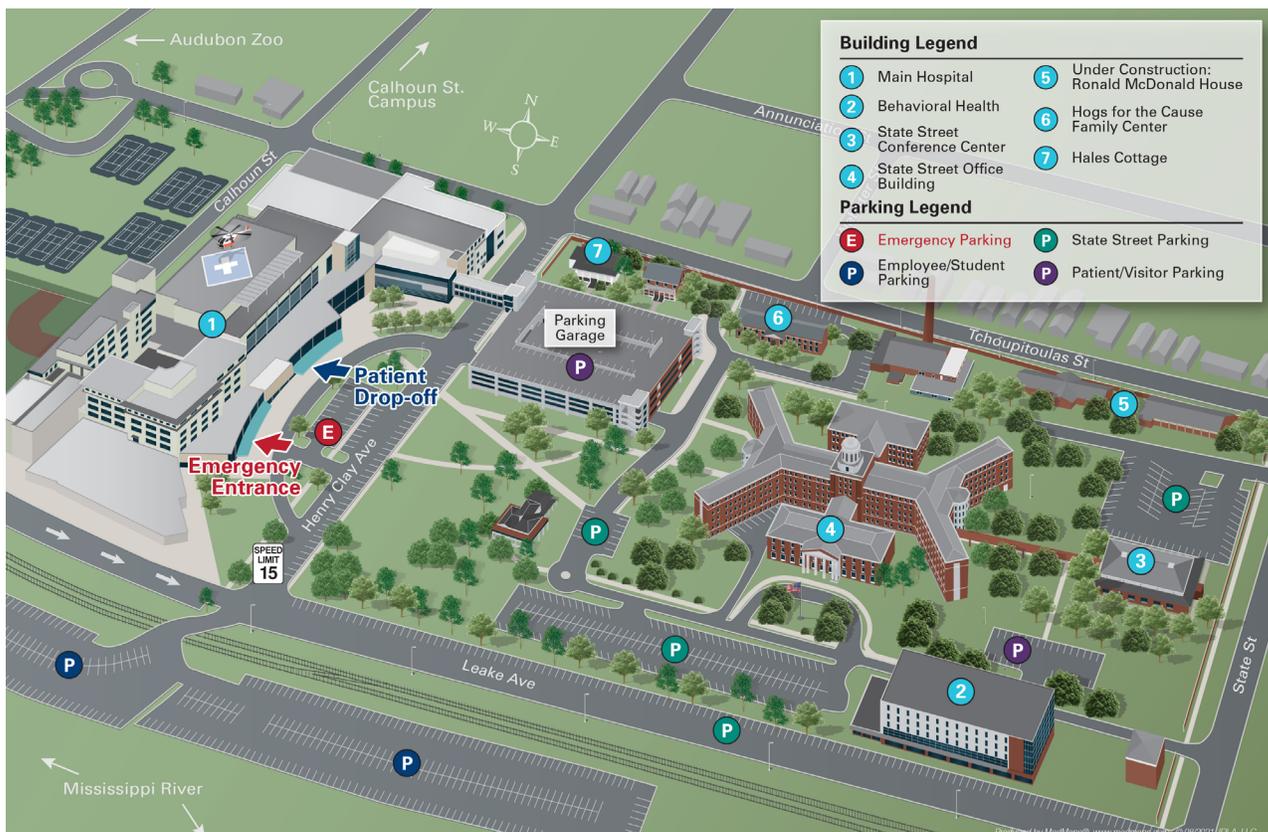
These instructions are crucial for your child's safety and are therefore strict. Failure to follow them may result in your child's procedure being cancelled and rescheduled for another date. To avoid problems, if you have any questions about anything, please call (504) 896-9534 #2 and ask to speak with your physician's nurse or send a message in the patient portal. Upon arrival, if your child is running a fever or has any sort of upper respiratory illness, you will have to be discharged and the procedure will need to be rescheduled.

Discharge

Your child may leave as soon as they are awake, alert, tolerating fluids, and meets same day surgery discharge criteria.

Finding your way once you arrive at Children's Hospital New Orleans.

Park in the complimentary parking garage across Henry Clay Avenue. Take the skybridge from the garage to the hospital. Stay on this level and take a left at Surgery Services. They will check you in. Only two adults may accompany the patient and no additional children. All patients are Covid tested at Children's on the day of the procedure.



Post procedure

Once your child has had the esophagogastroduodenoscopy (EGD), they will return to the Recovery Area to begin to wake up from the anesthesia. This permits observation of recovery from the procedure and the sedation. Your child will then be returned to their Short Stay room or their hospital room if they are a hospital patient. They will remain in bed until completely awake and alert. The nurses will assess your child and decide when they are ready to go home. The IV will be removed after they are able to tolerate clear liquids. They may now have a regular diet and can be discharged.

After the procedure, there may be some abdominal discomfort, such as gas, from air used to inflate the stomach. There may be minimal throat pain but NO pain from the biopsies.

Please call the doctor immediately if your child has any fever, extreme abdominal pain, vomiting, difficulty breathing or abnormal stools.

GI Office: 504.896.9534 #2

After Hours: Call the hospital operator at 504.899.9511 and ask to speak to the on-call GI physician.