

Esophagogastroduodenoscopy

What is an esophagogastroduodenoscopy?

An esophagogastroduodenoscopy (EGD) involves using a small, flexible fiber optic tube (called an *endoscope*) to examine the upper gastrointestinal tract, i.e., the esophagus (swallowing tube), stomach and duodenum (first part of the small intestine). We are able to look at the lining of these organs for abnormalities (such as an ulcer) as well as take samples of the tissue (we call these *biopsies*) or samples of fluid within the bowel.

Foreign bodies, such as an ingested coin, can be removed with the endoscope. If there is bleeding from the upper gastrointestinal tract, an EGD can be used not only to identify the source but can frequently be used to treat the cause of the bleeding.

What are the indications for an EGD?

An EGD may help evaluate several problems encountered with children. A few of the indications for EGD in children are listed below:

- difficulty or pain with swallowing
- evaluation of gastroesophageal reflux
- unexplained abdominal or chest pain
- evaluation of malabsorption
- upper gastrointestinal bleeding
- foreign body or caustic ingestion
- placement of feeding tubes
- chronic infectious or inflammatory diseases

Preparing Your Child for an EGD

It is very important for the stomach to be empty at the time of the EGD. Your child must **NOT EAT OR DRINK** before the procedure. Please let your physician know if your child normally takes medications so the physician can decide whether or not to give the medication. Tell your physician if your child is sick before the procedure so the physician can decide if the procedure should be rescheduled or can continue as planned.

Children having an EGD deserve an explanation (age-appropriate) of what will happen during the procedure. When your child arrives at the Endoscopy Unit, a nurse will do admission paperwork and check vital signs (blood pressure, heart rate, etc.) An IV will be started before the sedation medications are given. The IV will be used during the procedure to give medications to make your child sleepy.

The child and parents will meet the physicians who will give the sedation and perform the procedure. Talk with your physician about any questions that you might have.



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After the procedure, parents will be brought to their child. The child will then be monitored in the Sedation Unit until he or she has recovered. The amount of time this takes varies from 30–60 minutes. Some children have mild nausea after the procedure which is usually short-lived and rarely requires treatment.

Frequently Asked Questions

The following may help you with questions regarding the EGD:

Q: Is an EGD a safe procedure to do in children?

A: An EGD is a safe procedure in children and can be performed safely even in newborn infants weighing less than five pounds. Complications are very rare. The complications vary and depend on:

- ***The type of procedure performed.*** A routine diagnostic EGD with biopsies is safe. A therapeutic EGD performed to attempt to control bleeding has more risk.
- ***The clinical state of the patient.*** An otherwise well child has very little risk from the sedation or procedure. A child with a severe illness or who is critically ill will have a greater risk of complications.

Your physician will review the risks and benefits of the procedure as well as alternatives to the procedure with you. If you have any questions about the procedure, please ask your physician.

Q: Will my child be asleep during the procedure? Will my child remember the procedure?

A: IV medications will be used to keep your child asleep during the procedure. Your child will be monitored during the entire procedure to be sure that he or she is safe and not in any pain. One of the medications given before the procedure affects short-term memory. This means that your child will not remember the procedure. The medications also help your child to relax before being taken into the procedure room.

Q: When and what can my child eat after the procedure?

A: In general, we allow your child to take sips when he or she is awake. If this is tolerated, the diet can be advanced (in an age-appropriate manner). The nurses or Endoscopy Unit team members will give you more specific instructions after the procedure.

Q: Can I watch the procedure?

A: Parents are **NOT** allowed to stay in the endoscopy room during the procedure. (Please see the section titled “Preparing your child for an EGD.”) We are able to take pictures of what we see during the endoscopy and will be able to review these with you.

Q: When will I get the results of the procedure?

A: After the procedure, the physician will review the results with you. Often we have to wait for the pathologist to process and review the biopsies before we can give you the final results. Follow-up will be arranged after completion of your child’s procedure.

If you have questions, call your physician (321.841.3338) or you can talk to the physician who will be performing the procedure when you arrive.