

E.G.D. (Gastroscopy)

ENDOSCOPY PROCEDURES



CAYUGA ENDOSCOPY CENTER



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A Member of Cayuga Health System



E.G.D. (Gastroscopy)

What is the test?

Gastroscopy is a diagnostic procedure used to detect various abnormalities in the esophagus, stomach, and small upper bowel, such as bleeding, chronic heartburn (also called “reflux disease”), hiatal hernia, and ulcers. A narrow, flexible tube with a light source and a tiny camera at its tip is inserted through the mouth, down the esophagus (the “swallowing tube”) and into the stomach. During the procedure, the camera displays video images enabling the gastroenterologist to get a detailed look at the inside of your upper digestive tract. During this procedure your doctor also has the ability to take small tissue samples for biopsy, if necessary. At Cayuga Medical Center, we offer both adult and pediatric gastroscopy.

How do I prepare?

You may consume only clear liquids after midnight on the night before a morning exam. At three hours prior to the exam time, you should consume nothing more. (These instructions are for an early morning procedure and are modified if your exam is scheduled for late morning or afternoon.) If you are taking aspirin or blood thinners, talk with your doctor about the possible need to discontinue them prior to your gastroscopy.

Since you will receive mild sedation during the exam, you must bring a friend or family member with you to review the test results and discharge instructions, and to drive you home after the exam. Please make arrangements ahead of time for transportation. If you need taxi or bus service for transportation, you must be accompanied by a family member or friend, and we ask that this person remain in the building during your procedure. We require this because the sedation you will receive prior to the gastroscopy remains in your system and can slow your reaction times. You should not drive for 12 hours following the procedure. Sedation can also make people forgetful so plan the rest of your day accordingly.



What can I expect during the procedure?

Plan to arrive 30 minutes prior to your procedure. Once you arrive in the Endoscopy Department, a nurse will take your health history and blood pressure, and the doctor will answer any questions you have about the exam. You may receive an intravenous sedative to make you drowsy. The physician will then introduce the endoscope through your mouth and will advance it slowly into the esophagus and, if necessary, into the stomach. The procedure itself lasts from 5 to 20 minutes. You should plan to spend a total of 1-2 hours at the medical center or the endoscopy center.

How and when will I get my test results?

After your exam, you will be moved to the recovery area of the Endoscopy Department until you are fully awake and meet certain discharge criteria. Your physician will discuss the results with you and your companion and send a report to your primary care provider. Your companion should drive you home. You may resume eating soon after your procedure.

Where is the test performed?

Gastroscopy is performed in three locations: Cayuga Medical Center at 101 Dates Drive, off NYS Route 96 in Ithaca; Cayuga Endoscopy Center at 2435 Triphammer Road, Suite B in Ithaca; and at Schuyler Hospital in Montour Falls by Dr. Carl West.