The Emily Center at Phoenix Children's Hospital

Phoenix Children's Hospital

Diagnostic Test/Exam

Si usted desea esta información en español, por favor pídasela a su enfermero o doctor.

#105

Child's Name: _____

Date of Exam: _____ Check In Time: _____

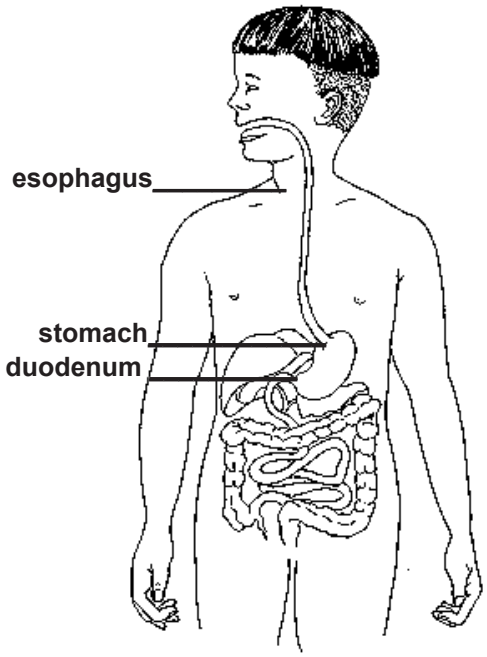
Time of Exam: _____

Upper Endoscopy or EGD

What it is

In an **upper endoscopy**, the doctor looks at the feeding tube (**esophagus**), the stomach and the beginning of the small intestine (**duodenum**). These are the upper parts of the digestive tract.

To see this, the doctor uses a black flexible tube with a light on the end.



Getting ready

- If your child is old enough to understand, explain to your child what will happen. Do this when you think the time is right. Children do best when they are told what they will see, feel and hear during the test.

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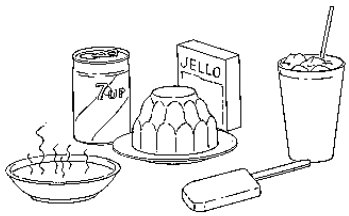
• Things to tell your child: The exam is not painful. A mask may be put on your child's face, and when your child wakes up the exam is over. If an IV is put in your child's arm or leg, he or she may feel a pinch and pressure. Medicine put in this IV may sting and make your child feel dizzy. In time, your child will feel relaxed and very sleepy.

• Call the doctor if your child has a cold or a fever. The exam may need to be done another day.

• If your child takes any medicine, tell the nurse. Medicines may need to be given earlier or later than usual.

❒ yes ❒ no Do not give your child milk or solid foods after _____ A.M./P.M. But you may give your child clear liquids, such as juice, tea, popsicles, broth, soda or water until _____ A.M./P.M.



Clear liquids include juice, tea, popsicles, broth, soda and water.

❒ yes ❒ no At _____ A.M./P.M., offer your child _____ ounces of clear liquid. Your child does not have to take it all. Do not give your child more than _____ ounces.

Before the exam:

• Check in for the exam.

• You and your child will be taken to the place to prepare for the exam.

• The nurse will check your child's temperature, blood pressure and heart rate, and ask you some questions.

• The doctor and nurse doing the endoscopy will meet with you. They will answer any questions you and your child have about the exam.

• You will be asked to sign a consent form.

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During the exam:

- You and your child will be taken to the endoscopy room.

- The doctor and nurses will be wearing gowns and gloves.

- Your child will lie on a padded table on his or her back.

- Your child will get an IV (**intravenous catheter**). This will let your child get medicine during the exam quickly and easily. A mask may be put on your child's face, and the IV will be put in when your child can't feel it. Or, a cream medicine may be used to make the skin numb, so putting in the IV will hurt less. To work best, this cream must be put on at least one hour before the IV is put in.

- The doctor will give medicine through the IV until your child is relaxed and sleepy.

- Once your child is sleeping, you will need to go to a waiting room during the exam.

- A nurse will stay with your child through the whole exam.

- During the exam, the doctor may give your child more medicine to keep him or her comfortable.

- Your child's teeth will be covered by a plastic mouthpiece. This will hold your child's mouth open and protect the teeth.

- Oxygen will be given through a small plastic tube (**cannula**) under your child's nose.

- During the exam, an anesthesiologist will watch your child very closely. Every few minutes your child's heart rate, breathing rate and blood pressure will be checked. A machine will beep if the child needs more oxygen. It can tell by a probe that is wrapped on the child's finger or toe.

- The doctor will place a black, flexible tube into your child's mouth, and pass it down the feeding tube, stomach and duodenum. The tube is small, and your child will be able to breathe as usual. If your child needs more medication, it may be given during the exam.

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• Small samples from the lining of the digestive tract may be taken to look closely under a microscope (a **biopsy**). Your child will not feel them being taken. This does not hurt.

After the exam:

• The doctor will come out to talk with you about the exam.

• Your child will be moved from the endoscopy room. A nurse will watch your child while the medicine wears off.

• Every child feels differently after the exam. Some children are wide awake, others may be sleepy for the rest of the day.

• The medicine can make your child feel like throwing up. This is normal.

The doctor will come out to talk with you about the exam.

• If your child throws up, there may be dots of blood. This is normal.

• When your child is awake enough to swallow well, he or she should drink some clear liquids, such as water or juice. Bring a baby bottle if your child uses one.

• Your child will stay and be watched until awake enough to go home.

• For the next 24 hours, your child may be unsteady. Watch your child carefully to keep him from getting hurt.

• Before you leave with your child, a nurse will tell you how to take care of your child after the exam. You will get a list of things to do.

• Your child may have a sore throat for 1 to 3 days after the exam. This is normal.

• The doctor will call you when the biopsy report is completed. This may take 1-3 weeks.

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Now that you've read this:

❒ Tell your nurse or doctor why your child will have this exam. (Check when done.)
❒ Tell your nurse or doctor how you will get your child ready for this exam.
(Check when done.)

If you have any questions or concerns,
❒ call your child's doctor or ❒ call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.com
Facebook: facebook.com/theemilycenter
Twitter: @emilycenter
Pinterest: pinterest.com/emilycenter

Disclaimer
The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

August 22, 2015 • DRAFT for family review
#105 • Written by Renae Busler, RN, updated by Brenda Strom, BSN, RN
• Illustrated by Dennis Swain

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Name of Health Care Provider: _____

Date returned: _____ ❒ db

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? ❒ Yes ❒ No

easy to read? ❒ Yes ❒ No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? ❒ Yes ❒ No

Why or why not?

Would you do anything differently after reading this handout? ❒ Yes ❒ No

If yes, what?

After reading this handout, do you have any questions about the subject? ❒ Yes ❒ No

If yes, what?

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Is there anything you don't like about the drawings? ❒ Yes ❒ No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!

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