

Jeff Michalak, D.O.
Sarah Bligh, M.D.
Mary Ann Schultz, PA-C

Locations:

- _____ Dunes Surgical Hospital (605) 232-3332
101 Tower Road
Check in at the Medical Tower Entrance
Dakota Dunes, SD 57049
- _____ Mercy One (712) 279-2552
801 5th Street
Sioux City, IA 51101
- _____ Pierce Street Same Day Surgery (712) 294-7777
2730 Pierce Street (across the street from hospital)
Sioux City, IA 51104

**EGD (UPPER ENDOSCOPY)
Patient Preparation Instructions**

An EGD is a scope examination of your esophagus and stomach. It can help to diagnose the cause or problems you may be having in those areas. A thin, flexible scope with a lens and light will be guided in through your mouth and will be used to examine your esophagus, stomach, and duodenum. Before the test starts, we will start an IV and give you sedatives through the IV to help you relax and sleep during the test. The test will take only about 10-15 minutes. The doctor will blow air into your stomach during the test. Not all of the air can be suctioned back out, so you may feel slight bloating after the procedure. You may have a mild sore throat for a day or two. You can return to your normal diet approximately 1 hour after the procedure unless instructed otherwise. You will then be brought back to recovery after the test and will be released from there after you are awake. The doctor will speak with you before and after the test. If biopsies are taken, you will receive a phone call from our office in 7-10 days. If you have not heard from us after 2 weeks, please call our office at (605) 217-5517.

SPECIAL INSTRUCTIONS DAY OF PROCEDURE:

Nothing to eat or drink after midnight

Take only blood pressure, heart, seizure, and thyroid medications with a sip of water. Take NO diabetic medications

Bring a driver with you.

If you need to reschedule your procedure or have any questions about your procedure, please call our office at (605) 217-5517.