

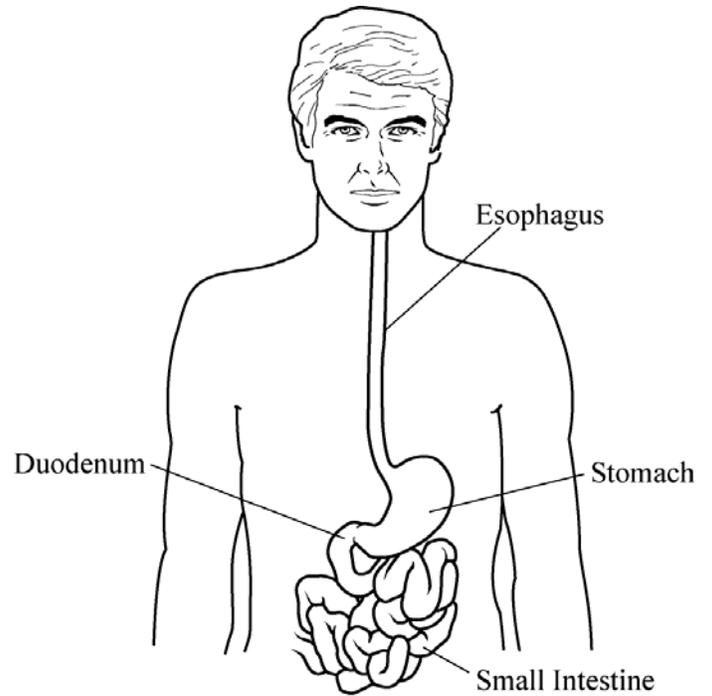
EGD (Endogastroduodenoscopy)

An EGD, also called an endoscopy, is a test that looks inside your digestive tract. Parts of your digestive tract to be checked with this test are: the esophagus, the stomach and the duodenum.

During the test, a narrow tube is put through your mouth into your digestive tract. This test causes little or no pain.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or return home alone.

Arrive on time for your test. The test takes about 30 minutes. Plan on being here for 2 to 3 hours.



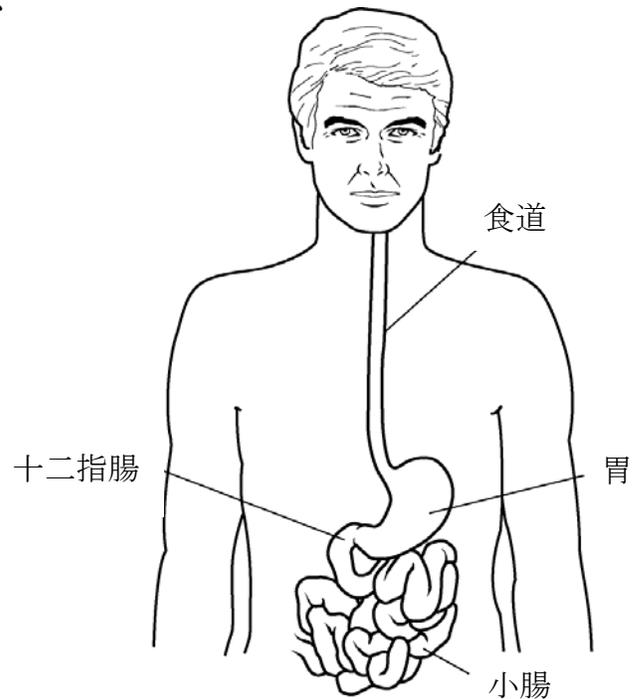
EGD (食道・胃・十二指腸検査)

EGD は内視鏡検査とも呼ばれ、消化管の内部を調べる検査です。この検査で調べる消化管の部位は、食道、胃および十二指腸です。

検査のときには、口から消化管まで細いチューブを挿入します。この検査では痛みはほとんどありません。

検査後に自宅まで送ってもらえるように、成人の家族または友人の付き添いが必要です。車を運転したり、ひとりで帰宅することは安全ではありません。

検査時間に遅れないでください。検査には 30 分ほどかかります。検査のために 2 ～ 3 時間ほど時間を空けておいてください。



To Prepare

- Your stomach must be empty for this test.
- Do not eat or drink anything, including water, after midnight before the test.
- If you are to take your medicines the morning of the test, take them with sips of water only.
- Before the test, the staff may ask you about:
 - ▶ Your medicines including prescription and over the counter medicines, herbals, vitamins and other supplements
 - ▶ Allergies such as to medicines, foods or latex
 - ▶ Other health conditions and past surgeries
- If you are pregnant, or think you may be pregnant, tell the staff before the test.

During the Test

- You will wear a hospital gown.
- You lie on your left side.
- An IV (intravenous) is put in a vein in your arm. Medicine is given through the IV to make you sleepy.
- Numbing medicine may be sprayed into your throat to keep you from coughing or gagging.

準備

- この検査では胃を空にしておく必要があります。
- 検査の前日の夜 12 時以降は水も含めて飲食しないでください。
- 検査当日の朝に薬を服用する場合、少量の水で飲んでください。
- 検査前に、以下の事項に関して職員に尋ねられる場合があります。
 - ▶ 処方薬、市販薬、ハーブ、ビタミン剤、およびその他のサプリメントを含めて現在ご使用のお薬
 - ▶ 薬、食品、またはラテックスに対するアレルギーの有無
 - ▶ 健康上の問題および手術歴
- 妊娠中の方や妊娠していると思われる方は、検査前に職員に申し出てください。

検査中

- 病院のガウンを着用していただきます。
- 体の左側を下にして横になります。
- IV（点滴）を腕の血管に入れます。IV を通して眠くなる薬が投与されます。
- 咳き込まないようにのどに麻酔薬を吹き付けることもあります。

- Your doctor passes the tube through your mouth. You can breathe around the tube.
- Your doctor looks through the tube at the inside of the parts of the digestive tract.
- A small piece of tissue may be removed to be tested.
- The tube is removed.

After the Test

- You will stay in the test area until most of the medicine wears off. You will feel sleepy.
- You may feel bloated from air used in your stomach.
- Your throat may be sore for a few hours.
- Your doctor will tell you what you can eat today.
- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- Test results are sent to your doctor. Your doctor will share the results with you.

- 医師が口からチューブを通します。チューブの周囲から呼吸することができます。
- チューブを通して医師が消化管の内部を調べます。
- 検査のために組織の一部を採取することもあります。
- チューブを取り出します。

検査後

- 薬の効果が消えるまで検査場所にとどまってください。眠くなります。
- 胃の内部に入った空気により飽満感を感じることもあります。
- 数時間ほどののどが痛む場合があります。
- 医師からその日に食べることができるものについての指示があります。
- 検査中に投与される薬には睡眠効果があります。検査後に安全に自宅まで送ってもらえるように、成人の家族または友人の付き添いが必要です。
- 検査結果はかかりつけの医師に渡されます。医師から結果の説明を受けます。

Call your doctor if you have:

- New or increased pain
- Nausea or vomiting
- A continuous cough
- A fever over 100.5 degrees F or 38 degrees C
- Other concerns

Call 911 right away if you:

- Have trouble breathing
- Have chest pain
- Are coughing up or vomiting blood
- Have severe abdominal pain

Talk to your doctor or nurse if you have any questions or concerns.

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以下の症状が現れた場合は医師に連絡してください。

- 新たに痛みが生じたり、激しくなった場合
- 吐き気または嘔吐
- 断続的な咳
- 38 度（華氏 100.5 度）以上の発熱
- そのほか不安な症状

以下の症状が出た場合は、直ちに911に電話して緊急連絡をしてください。

- 呼吸困難
- 胸痛
- 喀血または吐血
- 腹部の激痛

質問や不明な事項については、医師または看護師に相談してください。

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