**EGD (एन्डोग्यास्ट्रोडुोडेनोस्कोपी)

EGD (Endogastroduodenoscopy)

An EGD, also called an upper 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, the first part of the small bowel.

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.

**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.

**तयार गर्नको लागि**

- यस परीक्षणका लागि तपाईंको पेट खाली हुनु जस्तै छ।
- जाँच आगाडिको मध्यरात खसात, पानी लगायत केही पनि नखानु वा निपुँचनु होस्।
- विहान जाँच गरिनुभए तपाईंले औषधि खानु पनि हुन्छ भने एक घूँट पानीसँग मात्र खानुहोस्।
- परीक्षण आगाडि, कर्मचारीले तपाईंलाई निम्नलिखित कुराहुँ सोध सक्नुहुँ:
  - तपाईंको निर्देशित औषधि र पसलमा सहित वेधिएँको अन्य परामर्शहरू सहितका औषधिहरू।
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.
• 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 pushed through the tube during your test.
• 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.

• 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.

• औषधिहरू, खानेरू वा त्याटेक्सर्सँग सम्बन्धित एलाजीहरू
• अन्य स्वास्थ्य अवस्था र पहिलेका शल्यक्रियाहरू
• तपाईं गर्भवती हुनुहुँदै वा आफू गर्भवती छ जस्तो लाग्दै भने परीक्षण अगाडि कर्मचारीलाई भन्दै हो।

परीक्षण अवधिमा
• तपाईले अस्पतालको गाउन लगाउनु हुनेछ।
• तपाईं देखि कोल्टे परेट सुल्त पर्दछ।
• तपाईंको पाखिरोको नसामा एक IV (इन्ट्राभीनस) लगाइनेछ। तपाईंलाई निर्दारा लैजान IV मार्कत औषधि दिनेछ।
• तपाईंलाई खोलको नलगोद्वार वा गला अवरुढ़ नहोस् भनी गलामा सुन्ना पानौं औषधि छापक्रियाहरू भनिन सकिन्छ।
• तपाईंको डक्टरले तपाईंको मुखमार्फत नली पसाउने छन्। तपाईंले नली विपरीतबाट सास फेरन सक्नुहुन्छ।
• तपाईंको डक्टरले ठुबुमार्फत पाचनत्तलका भिन्नी भागहरू सुन्नेछ।
• परीक्षणका लागि तनुको सानो दुक्रा निकालिन सकिन्छ।
• नलीलाई हटाइनेछ।

परीक्षणपरिणाम
• औषधिहरूको धेरजसौ असर समाप्त नहुनेल तपाईं परीक्षण स्थलमा नै रहनु हुनेछ। तपाईं निद्रालु हुँदै हुनेछ।
• तपाईंको परीक्षणको दौरान नलिबाट भिन्न पसेको हावाका कारण तपाईंले पेट फुलिएको महसुस गर्न सक्नुहुन्छ।
• तपाईंको परीक्षणको दौरान नलिबाट भिन्न पसेको हावाका कारण तपाईंले पेट फुलिएको महसुस गर्न सक्नुहुन्छ।
• तपाईंको गलामा केही घण्टासम्म पीडा हुन सक्दछ।
• जोँचको अवधिमा तपाईंलाई दिनेको औषधिहरूले तपाईंलाई निद्रालु बनाउनेछ। तपाईंको सुरक्षाको लागि, तपाईंलाई घर वापस लैजान एक वयस्क पारिवारिक सदस्य वा मित्रको खाँचो पर्नेछ।
• Do not plan to go back to work for the rest of the day. It is not safe for you to drive or handle tools or equipment because of the medicines you were given.
• Test results are sent to your doctor. Your doctor will share the results with you.

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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