

# EGD (胃十二指肠内镜检查)

## 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.

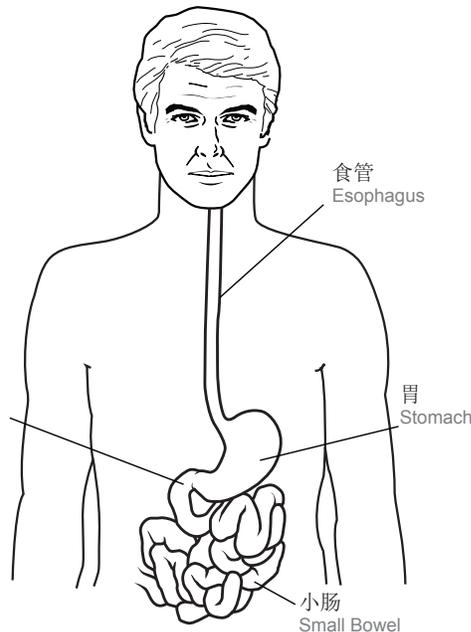
During the test, a narrow tube is put through your mouth into your digestive tract. This test causes little or no pain.

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



EGD 又称为上消化道内镜检查，用于检查消化道内部情况。这项检查将查看您的消化道：食管、胃和十二指肠、小肠的第一部分。

检查期间，将用一根细管经口腔伸入您的消化道。该检查引起的疼痛很少或没有疼痛。

检查结束后，您需要在成年家人或朋友的护送下回家。您独自开车或回家不安全。

**请您准时前来接受检查。** 检查约需30分钟。请为本次检查留出约2至3小时。

### 准备

- 请空腹进行本次检查。
- 检查前一天的午夜过后，请勿饮食，包括水。
- 如果检查当天早上需要吃药，请只用几小口水来送药。
- 检查前，医护人员可能会询问您以下情况：
  - 您的药物，包括处方药和非处方药、中草药、维生素以及其他补充剂

- ▶ 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.
- 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.

- ▶ 针对药物、食物或乳胶等的过敏症
- ▶ 其他健康状况和既往手术
- 如果您已怀孕或认为自己可能怀孕，请在检查之前告知医护人员。

## 检查期间

- 您需要换上医院的罩衣。
- 左侧身躺卧。
- 医护人员为您的上臂进行静脉注射。静脉注射的药物会让您犯困。
- 可能会在您的喉咙处喷上麻醉药物，以防您咳嗽或呕吐。
- 医生将细管伸入您的口腔。软管很细，不会妨碍您呼吸。
- 医生通过细管观察消化道内部情况。
- 可能会取出一小块组织进行化验。
- 取出软管。

## 检查之后

- 您将留在检查区域，直至大部分药物的药效消失。您会感到困倦。
- 检查过程中，通过软管进入消化道的空气可能会让您感到腹胀。
- 可能会产生持续几个小时的喉咙痛。
- 医生将指导您检查当天的饮食。
- 检查期间服用的药物会让您犯困。为了安全起见，您需要在成年家人或朋友的护送下回家。

- 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.**

- 请勿在检查后回去工作。因为您接受的药物可能妨碍您驾驶以及操作工具或设备，产生安全问题。
- 检查结果会发送给您的医生。医生会告知您检查结果。

### **如有以下情况，请联系医生：**

- 新发疼痛或疼痛加剧
- 恶心或呕吐
- 持续性咳嗽
- 发热超过华氏100.5度或摄氏38度
- 其他问题

### **如有以下情形，请立刻拨打911：**

- 呼吸困难
- 胸痛
- 咳嗽或吐血
- 有严重腹痛

**如果您有任何疑问或疑虑，请咨询您的医生或护士。**