

食管、胃、十二指肠镜 (EGD)

Upper Endoscopy (EGD)

Review this information when you receive it so that you are prepared for your test.

Important to know:

- **Arrange to have an adult to drive you to your test and be there to take you home after your test.** If you are taking a cab, bus, or medical transportation service home after the procedure, an adult, other than the driver, needs to ride with you for your safety. Medicine given to help you relax during your test will affect your judgment and reflexes much of the day.
- If you are not able to keep your appointment, please contact the healthcare provider who is doing your test.

收到本信息后，请立即查看，以便为您的检查做好准备。

重要信息：

- 安排一位成年人开车送您去接受检查，并在检查后送您回家。如果在手术结束后乘坐出租车、公交车或医疗交通服务车辆回家，除驾驶员以外需由一名**成人陪同，以确保安全**。检查期间将会提供药物帮助您放松，但是此药物会对判断力和反应能力产生影响，且该作用可持续大半天。**如果检查前您的健康状况出现重大变化，请致电 614-293-6255。**
- 如果您无法赴约，请联系正在为您提供检查的医疗护理提供者。

Medicine Changes Before Your Procedure

You may need to make changes to your medicines many days before your procedure. Read carefully the medicine change information at go.osu.edu/pted5355 or review the copy with these instructions. These include blood thinners, medicines for diabetes, weight loss, heart conditions, and others. **If you do not review and make the needed medicine changes, your procedure may need to be rescheduled.**

手术前药物变更

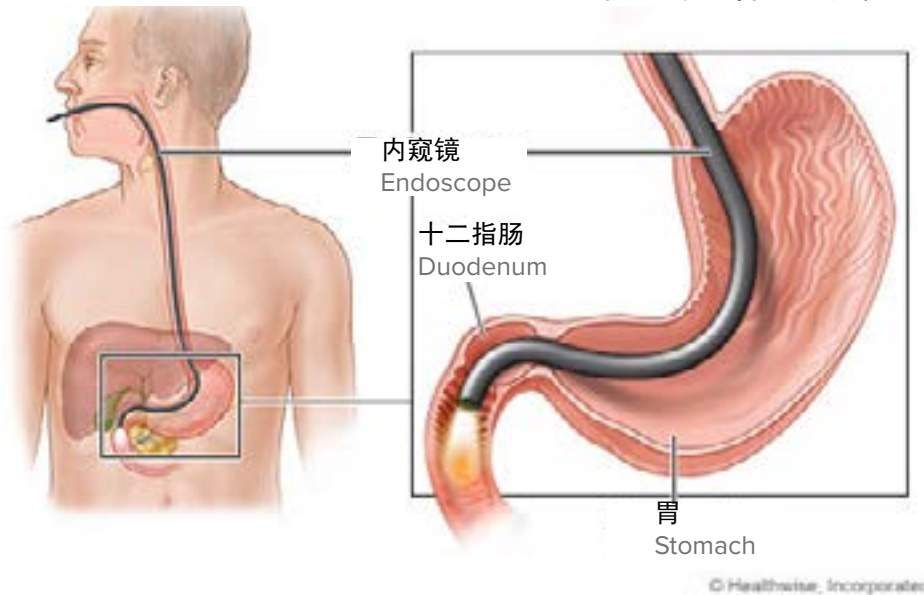
您可能需要在手术前几天变更药物。请访问 go.osu.edu/pted5423，仔细阅读药物变更信息，或查看提供这些说明的副本。包括血液稀释剂、糖尿病药物、减肥药物、心脏病药物等。如果您没有查看并作出必要的药物变更，您的手术可能需要重新安排。

About your test

You are having an upper GI (gastrointestinal) endoscopy. This test may also be called EGD (esophagogastroduodenoscopy).

This test uses a narrow, flexible tube (called an endoscope) that goes in through your mouth into the upper digestive tract.

It allows your doctor to look into your esophagus, stomach, and part of the small intestine called the duodenum or small bowel.



关于检查

您将接受的检查名为上消化道内窥镜检查。此检查也称为 EGD（食管、胃、十二指肠镜检查）。

此检查使用一根纤细的软管（称为内窥镜）穿过口腔进入上消化道。

医生借此可查看您的食管、胃以及名为十二指肠的部分小肠。

One day before your test

- You may have your normal diet the day before your test.
- **If you have a history of gastroparesis or achalasia**, a liquid diet is recommended for the day before your test.
- You should not smoke or vape the day before and on the day of your procedure.
- If there are major changes to your health, please contact the healthcare provider who is doing your procedure. Your procedure may need to be changed for your safety.

检查前 1 天

- 您在检查前一天可以正常饮食。
- **如果您有胃轻瘫或贲门失弛缓症病史**，建议在检查前一天采用流食。
- 您不应该在手术前一天和当天吸烟或使用电子烟。
- 如果您的健康状况发生重大变化，请联系正在为您提供手术的医疗护理提供者。为了您的安全，我们可能需要对您的手术作出变更。

Evening before your test

- **You may eat your regular meals until 11 p.m. the night before your test.** Do not eat any solid food or eat or drink any milk products until after your test is done.
- **You can drink clear liquids up to 4 hours before your test (no red or purple).**

Okay to have:

- › Water, flavored water, or ice chips
- › Coffee or tea with no milk or cream
- › Ginger ale or lemon-lime soda
- › Fruit juices you can see through, such as apple or white grape
- › Gatorade, other sports drinks, or other drink mixes like Kool-Aid
- › Popsicles (no fruit or cream)
- › Jell-O or other gelatin without fruit
- › Clear broth or bouillon

4 hours before your procedure

- **You can take a small sip of water to take any allowed medicines within 2 hours of your test. Your test will be delayed or canceled if you drink anything other than a sip of water with medicines.** This is important to make sure it is safe to give you sedation or anesthesia.
- **If you have an implanted stimulator device,** it should be turned off before your procedure. Please bring the remote with you on the day of the procedure.
- **If you have alcohol, marijuana, or illegal drugs in your system,** your procedure may be rescheduled for your safety.

检查前一天晚上

- **您可在接受检查的 8 小时前正常进食。** 不要食用任何固态食物或食用或饮用任何乳制品，直至检查结束。
- **最晚在检查前 4 小时前饮用透明（非红色或紫色）液体。**

可食项目包括：

- › 水、调味水或冰块
- › 未添加牛奶或奶油的咖啡或茶
- › 姜汁汽水或柠檬味汽水
- › 透明果汁，如苹果汁或白葡萄汁
- › Gatorade, 其他运动饮料或 Kool-Aid 等其他混合饮料
- › 冰棍（不含水果或奶油）
- › 果冻或其他明胶水果
- › 清炖肉汤或肉汁

检查前 4 小时

- **在检查前 2 小时内，您可小口饮水服用任何允许的药品。服药时，如果您除小口喝水以外喝下其他任何饮料，您的检查将被推迟或取消。** 这对于确保镇静或麻醉安全极为重要。
- **如果您有一个植入式刺激装置，在手术前应该将其关闭。** 请在手术当天随身携带遥控器。
- **如果您体内有酒精、大麻或非法药物，为了您的安全，我们会重新安排您的手术。**

Arriving for the test

Arrive by the arrival time on your letter, so the staff can get you ready.

- Please leave all valuables and jewelry, including piercings, at home.
- Patients who can become pregnant may need to give a urine sample in case a pregnancy test is needed.
- **Bring these with you to your test:**
 - List of all medicines, including prescription and over the counter medicines, and any vitamin or herbal products you are taking
 - List of your allergies
 - List of medical conditions and previous surgeries
 - Copy of your advanced directive, such as a living will or power of attorney
 - Photo identification, insurance card, and co-payment, if needed

You need to have an adult come with you to your test

You will be given medicine to help you relax during the test. For your safety, you will need a **responsible adult to drive you home after the test**. Your driver needs to check in for the test with you. If your driver doesn't check in with you, we will need to speak to your driver before we can start your test. Your test will be delayed or canceled if we cannot speak to your driver.

按时抵达准备接受检查

根据您的排号按时抵达，以便工作人员能帮您做好准备。

- 请将所有贵重物品和珠宝留在家中，包括穿刺饰品。
- 可能怀孕的患者需要提供尿样，以防需要进行妊娠检查。
- **前来接受检查时随身携带以下物品:**
 - 份您正在服用的所有药物的清单，包括处方药和非处方药以及任何维生素或草药
 - 份您的过敏清单
 - 份病情和既往手术的清单
 - 份事前声明，如生前遗嘱或授权委托书
 - 带照片的身份证明文件、保险卡和共付额证明（如需要）

应当有成人陪同您接受检查

医生会为您提供一些药物来帮助您在检查时放松。为了您的安全，**完成检查后应当由一名负责任的成人开车载您回家**。驾驶员需要与您一同办理检查登记手续。如果驾驶员未与您一同办理登记，我们需要在开始检查前与驾驶员对话。如果我们无法与驾驶员对话，您的检查将被推迟或取消。

- If you take a cab, bus, or medical transportation, an adult other than the driver needs to ride with you for your safety.
- You should have an adult with you at home to help you for at least 6 hours after the test.
- You should not drive, operate machinery, drink alcohol, or make any legal decisions until the day after your test.
- 如果您在检查结束后乘坐出租车、公交车或医疗交通服务车辆回家，您需要由除驾驶员以外的一名成人陪同，以确保您的安全。
- 检查后居家的至少 6 小时内您应由一名成人陪同，为您提供帮助。
- 在检查后的第二天之前，您不应开车、操作机器、饮酒或做出任何法律决定。

本手册仅供参考。如对您的治疗有任何疑问，请咨询医生或医疗护理团队。如需了解更多健康信息，请致电 614-293-3707 或发送邮件至 health-info@osu.edu。联系 Library for Health Information。

This handout is for informational purposes only. Talk with your doctor or healthcare team if you have any questions about your care. For more health information, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.