

Section: Division of Nursing

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**PROCEDURE**

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HACKETTSTOWN REGIONAL MEDICAL CENTER

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**MINOR PROCEDURE**

(Scope)

**TITLE: ESOPHAGOGASTRODUODENOSCOPY (EGD)**

**PURPOSE:** To outline the steps for assisting with an EGD

- SUPPORTIVE DATA:**
1. An esophagogastroduodenoscopy provides direct visualization of the esophagus, stomach, and proximal duodenum using a gastroscope. An EGD enables the physician to diagnose, treat and document abnormalities through the use of biopsy, brush cytology, polypectomy, electrocautery, laser therapy, thermal coagulation, dilation, sclerosing of varices, foreign body removal, insertion of esophageal prosthesis and photography
  2. Indications:
    - a. Dysphagia
    - b. Anemia
    - c. Acid peptic disease
    - d. GI Bleeding (hematemesis or melena)
    - e. Malabsorption symptoms
    - f. Strictures or obstructions (esophageal, pyloric or duodenal)
    - g. Abnormal upper GI radiologic exams
    - h. Esophageal or gastric varices
    - i. Foreign body in the upper GI tract
    - j. Epigastric or chest pain
    - k. In conjunction with dilation of the upper GI tract
    - l. Ingestion of caustic substances
    - m. PEG/PEJ placement/removal
    - n. Esophageal prosthesis placement

Contraindications:

1. Shock
2. Perforated viscus
3. Uncooperative patient
4. Seizures
5. Acute myocardial infarction
6. Thoracic aortic aneurysm
7. Respiratory compromise
8. Severe cervical arthritis
9. Noncompliance with NPO guidelines
10. Coagulopathy

- EQUIPMENT LIST:**
1. Refer to "Safety" procedure (Addendum #1 in structure portion of Minor Procedure Manual).
  2. Gastroscope and water bottle, video carts with processor.
  3. Automatic vital signs, oximeter, and cardiac monitor with printout - cycle time of every five minutes.
  4. 4 x 4's (2)
  5. Chux (3)
  6. Non-sterile gloves for Physician and nurse
  7. 2 pkgs. lubricant
  8. Anesthetic spray, if physician requests
  9. Emesis basin with H<sub>2</sub>O for testing scope and rinsing afterward
  10. Barrier gowns for Physician and nurse
  11. Suction canisters (2)
  12. Suction tubing (2)
  13. Yankauer suction tip
  14. O<sub>2</sub> nasal cannula
  15. Sterile H<sub>2</sub>O for H<sub>2</sub>O bottle on light source
  16. Moderate sedation agents to be used
  17. Bite Block

**CONTENT:**

**PROCEDURE STEPS:**

**KEY POINTS:**

**A. Pre-Procedure Assessment/Care:**

1. Obtain consent from patient.
2. Verify, if outpatient, that he/she has someone to drive him/her home.
3. Obtain and document brief medical history from patient as outlined on Minor Procedures Nursing Record (current medications, any medical problems, allergies, NPO status, etc.)
4. Check for dentures and remove if present. Check for tongue ring or tongue piercing and remove.
5. Obtain baseline vital signs and document.
6. Inform Physician if patient is on any anticoagulants, aspirin or non-steroidal anti-inflammatory products and if lab results are abnormal.
7. Start an IV line as ordered and document per IV protocol.
8. Administer antibiotic prophylaxis if ordered.
9. Give Mylicon as ordered by physician.
10. Explain purpose of the procedure, positioning, sedation the patient will receive and effects, monitoring, use of the bite block and oral suction and techniques to be used. Reassure the patient that the gastroscope will not interfere with breathing. Document teaching and patient comprehension.
11. Test the gastroscope by checking air, water and suction functions.
12. Apply automatic monitor for B/P, P, R, O<sub>2</sub> saturation and ECG.
13. Position patient on left side with knees bent.

Contraindications include: shock, perforated viscus, uncooperative patient, seizures, acute myocardial infarctions, thoracic aortic aneurism, respiratory compromise, severe cervical arthritis, noncompliance with NPO guidelines, coagulopathy.

Per Moderate Sedation protocol.

Follow Moderate Sedation Policy

**B. Responsibilities During Procedure:**

1. Assist Physician with medication administration. Document medications given and patient response.
2. Assist Physician with insertion of gastroscope and mouthpiece placement and provide emotional support to the patient.
3. Monitor vital signs, color, warmth and dryness of skin, abdominal distention, level of consciousness and pain tolerance as per Moderate Sedation policy. Document any abnormalities noted.
4. Maintain oral airway and suction oral secretions.
5. Assist physician with obtaining biopsies. Properly handle and label all specimens obtained. Document if biopsies were taken.
6. Assist physician with any other treatments necessary based on findings during EGD.

Observe for potential complications including: perforation, hemorrhage, aspiration, respiratory depression or arrest, infection, cardiac arrhythmias or arrest, and hypotension.

**C. Post Procedure Assessment/Care**

1. Monitor vital signs as ordered by Physician or according to HCH Moderate Sedation Protocol
2. Observe for bleeding, vomiting, change in vital signs, pain and abdominal distention and document if any of above are noted. Notify M.D. if any of above signs are noted.
3. Maintain NPO status until gag reflex returns.
4. Remove IV line prior to outpatients discharge.
5. Provide outpatients with written discharge instructions or provide verbal report to nurse responsible for inpatient's care.
6. Sedated outpatients must have someone drive them home.

Reference: MANUAL OF GASTROINTESTINAL PROCEDURES, FIFTH EDITION; 2004.  
The Lippincott Manual of Nursing Practice, Lippincott-Williams & Wilkins Publishers, New York, 2006, 8th Edition.