



## 上消化道内窥镜检查 (EGD)

## 如何作准备及过程

您上消化道内窥镜检查的时间是：\_\_\_\_\_，\_\_\_\_\_，\_\_\_\_\_ 上午/下午  
**DAY** 星期 **DATE** 日期 **TIME** 时间 **Morning/Afternoon**

7 天前	5 天前	检查当天
日期:	日期:	日期:
<ul style="list-style-type: none"> <li>● 如您服用稀释血液的药物如（华法林）或波立维（氯吡格雷） <ul style="list-style-type: none"> <li>- 致电给您开药的医生。</li> <li>- 告诉医生您要做上消化道内窥镜检查及检查的日期。</li> <li>- 请教有关稀释血液药物的特殊指示。</li> </ul> </li> <li>● <b>取消</b>：如您需要改期或取消上消化道内窥镜的检查、请致电：206_598-6675.</li> <li>● <b>出院及交通</b>： <ul style="list-style-type: none"> <li>- 您可以回家时<b>必须</b>有一位成年的家人或朋友来接您回家。结肠镜检查后您不可驾车。您不可自己搭记程车、公交车或。如 <b>Hopelink</b> 或辅助接送等服务。</li> <li>- <b>您来医院报到时如没有一位成年人的家人或朋友带您回家、就会取消您的检查。</b></li> <li>- 我们强烈建议有一位能负责的成年人在当天余下的时间与您在一起。</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● 如您有糖尿病： <ul style="list-style-type: none"> <li>- 致电给您调整糖尿药物的医生。</li> <li>- 告诉医生您在何日要做肠镜的检查。</li> <li>- 请他告诉您服用糖尿病药物的特别指示。</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● 请在检查前天午夜以后就不可进食。</li> <li>● 上午一醒来、就以水送服您上午需要服用的药物。</li> <li>● <b>报到前 2 小时</b>可以喝清的（透明的）液体。包括果汁（苹果、葡萄或小红梅汁）、清汤、黑咖啡、茶、不可加奶、运动饮料、汽水、或果冻（仅限绿色、或黄色）。</li> <li>● 请将贵重的物件留在家里、或交给带您的陪同保管。</li> </ul> <p><b>来诊时应该携带什么？</b></p> <ul style="list-style-type: none"> <li>● 一位成年的家人或朋友。</li> <li>● 您目前服药的清单。</li> <li>● 有相片的身份证、健保卡、及需要时的共付款。</li> </ul> <p><b>在医院时：</b>  您做检查前、请取下手饰及穿孔的佩戴。如可能、请将贵重物品放在家里、或者请您的家人或朋友保管。</p>

## 地点及停车

### Harborview Medical Center

海景医疗中心

GI Endoscopy Suite

Maleng Building, 8th Floor

地址: 410 Ninth Ave., Seattle, WA 98104

电话: 206.744.3519

消化科内窥镜检查室

玛伦大楼 8 楼

### University of Washington Medical Center

华大医疗中心

Digestive Disease Center

Surgery Pavilion, 3rd Floor

地址: 1959 N.E. Pacific St., Seattle, WA 98195

电话: 206.598.4377

消化科疾病中心

外科大楼 3 楼

### Northwest Hospital 西北医院

地址: 1550 N. 115th St., Seattle, WA 98133

电话: 206.368.1770

内窥镜检查室位于医院主楼的一楼、在星巴克咖啡对面

### Eastside Specialty Center 东区专科中心

地址: 3100 Northup Way, Bellevue, WA 98004

电话: 425.646.7777

免费停车

### Seattle Cancer Care Alliance 西雅图癌症中心

地址: 825 Eastlake Ave. E., Seattle, WA 98109-1023

电话: 206.606.1329

内窥镜检查室位于二楼

## 什么是上消化道内窥镜检查?

上消化道内窥镜检查可让您的医生看到您食道(从您的口腔到您的胃管子)的内膜、胃部及小肠的第一部分。

在检查期间、医生会将一根与小指一般粗细的软管放置到您的口腔内、进入您的胃及小肠。这管子不会阻碍到呼吸。

## 如何做上消化道内窥镜检查?

- 会给您一些镇静剂帮助您放松。这药物是经由静脉以一个很小的导管称为静脉注射(IV)
- 大多数病人会睡着。如您无法入睡、且感觉有些不适就请告诉我们。我们会尽力帮助您舒服。
- 必要时、您的医生也可能会取活检。您不会有感觉、因为在那层组织里没有末梢神经。
- 此检查仅需 15 分钟。因为需要时间准备及恢复、您在诊所可能会逗留较长的时间。

## 我如何获取检查结果?

做完之后、您的医生可能会与您讨论结果。如您的结果不能马上出来、我们就会告诉您何时可以收到结果。

## 您有疑问吗?

我们很重视您的提问、如有任何疑问、请在上班期间上午 8 点至下午 5 点之间与您要做检查的诊所联系。下班后及周末假期、请致电海景医疗中心社区服务专线: , 206.744.2500。

# Upper Endoscopy (EGD)

*How to prepare and what to expect*

Your EGD procedure is scheduled for \_\_\_\_\_, \_\_\_\_\_, at \_\_\_\_\_  
DAY DATE TIME

## How to Prepare

7 Days Before	5 Days Before	On Procedure Day
<p>Date: _____</p> <ul style="list-style-type: none"> <li>• <b>If you take blood-thinning medicines</b> such as Coumadin (warfarin) or Plavix (clopidogrel):                             <ul style="list-style-type: none"> <li>- Call the provider who prescribed these medicines.</li> <li>- Tell the provider that you are having an upper endoscopy (EGD), and the date of your procedure.</li> <li>- Ask for special instructions for your blood-thinning medicines.</li> </ul> </li> <li>• <b>Cancellations:</b> If you need to cancel or reschedule your procedure, please call 206._____.</li> <li>• <b>Discharge and transportation:</b> <ul style="list-style-type: none"> <li>- An adult family member or friend <b>must</b> pick you up when you are ready to go home. You cannot drive, take a bus or taxi, or use a service such as Hopelink or Paratransit by yourself after your test.</li> <li>- <b>Your test will be cancelled if you do not have an adult family member or friend to take you home.</b></li> <li>- We strongly advise that a responsible adult stay with you for the rest of the day.</li> </ul> </li> </ul>	<p>Date: _____</p> <ul style="list-style-type: none"> <li>• <b>If you have diabetes:</b> <ul style="list-style-type: none"> <li>- Call the provider who manages your diabetes medicines.</li> <li>- Tell the provider that you are having an upper endoscopy (EGD), and the date of your procedure.</li> <li>- Ask for special instructions for your diabetes medicines.</li> </ul> </li> </ul>	<p>Date: _____</p> <ul style="list-style-type: none"> <li>• <b>Do not eat anything after midnight</b> the night before your procedure.</li> <li>• <b>As soon as you get up in the morning</b>, take your morning medicines with water.</li> <li>• <b>Until 2 hours before your procedure</b>, you can drink clear fluids (fluids you can see through). These include juice (apple, grape, or cranberry), broth, black coffee, tea without milk, sports drinks, soda, or Jell-O (green or yellow only).</li> <li>• Leave valuables at home, or keep them safe with your driver or escort</li> </ul> <p><b>What to bring to your appointment:</b></p> <ul style="list-style-type: none"> <li>• An adult family member or friend</li> <li>• A list of all medicines you currently take</li> <li>• Photo ID, insurance care, and co-pay, if needed</li> </ul> <p><b>At the hospital:</b></p> <p>You must remove all jewelry and piercings before the procedure. If you can, leave all valuables at home, or give them to your family member or friend for safekeeping.</p>

## Locations and Parking

### Harborview Medical Center

GI Endoscopy Suite  
Maleng Building, 8th Floor  
410 Ninth Ave., Seattle, WA 98104  
**206.744.3519**

Parking 24 hours a day, 7 days a week in the Ninth and Jefferson Garage (P2) off James and Terry.

### University of Washington Medical Center

Digestive Health Center  
Surgery Pavilion, 3rd Floor  
1959 N.E. Pacific St., Seattle, WA 98195  
**206.598.4377**

From N.E. Pacific St., follow signs to the Emergency Room. At the stop sign, turn left into the Surgery Pavilion Parking Garage. After parking, take the elevator to the 3rd floor. Turn right into the Digestive Health Center.

### Northwest Hospital

1550 N. 115th St., Seattle, WA 98133  
**206.368.1770**

The Endoscopy Procedure Suite is on the 1st floor of the main hospital, across from Starbucks.

### Eastside Specialty Center

3100 Northup Way, Bellevue, WA 98004  
**425.646.7777**

Free parking on site.

### Seattle Cancer Care Alliance

825 Eastlake Ave. E., Seattle, WA 98109-1023  
**206.606.1329**

The Procedure Suite is on the 2nd floor of the clinic.

## What is an upper endoscopy?

An upper endoscopy lets your doctor look at the lining of your *esophagus* (the tube that goes from your mouth to your stomach), your stomach, and the first part of your small intestine.

During the exam, a flexible tube, about the width of a little finger, will be placed into your mouth and down into your stomach and small intestine. This tube will not get in the way of your breathing.

## What to Expect

- You will receive a *sedative* (relaxation medicine) to help you relax. This medicine will be given to you through a small tube called an *intravenous* (IV) line placed into one of your veins.
- Most people fall asleep. But, if you do not fall asleep and are feeling some discomfort, we will do our best to help you be comfortable.
- If needed, your doctor may take small tissue samples called *biopsies*. You will not feel this because there are no nerve endings in that layer of tissue.
- Your doctor may also *dilate* (expand) narrow areas or stop bleeding inside your small intestine.
- This test will take only about 15 minutes, but you will be in the hospital longer than that, to allow time for you to prepare for the exam and recover afterward.

## How do I get the test results?

When you wake up after the procedure, your doctor will talk with you about the results. If your results are not ready right after the exam, we will tell you when you can expect to receive them.

## Questions?

Your questions are important. Please call if you have questions or concerns. Weekdays between 8 a.m. and 5 p.m., call the clinic where your EGD is scheduled. After hours and on weekends and holidays, call the Community Care Line at Harborview, 206.744.2500.