

What is an Upper Endoscopy?

An Upper Endoscopy (also called an EGD) is a procedure in which the doctor looks directly into the esophagus, stomach and upper small intestine (duodenum) with a narrow bendable tube.

Very small tissue samples (called biopsies) will be taken – these are painless – in order to evaluate for an underlying reason for your child's symptoms.

Pediatric Gastroenterology
Naval Medical Center Portsmouth

(757)-953-4529



Upper Endoscopy (EGD)



Procedure Appointment:

We will contact you within 5 business days to Schedule

- Pre-op Appt: _____
(within 30 days of EGD)
- COVID Test Date: _____

Sedation

An EGD is done under sedation. This means that your child will be asleep during the entire exam.

Your child's sedation will be performed in the Pediatric Sedation Center (PSC), which is located in the Pediatric Intensive Care Unit (PICU, unit 3A) on the 3rd floor of the main hospital (Building 2).

Typically, an IV will be placed prior to the procedure to give sedation medication. A physician and nurse will be in the room the entire time, providing and monitoring the anesthesia.

Before the EGD

Please ensure that your child does not eat or drink anything after midnight the evening before the procedure.

Small sips (<1 oz) of clear liquids (not milk) are allowed up to 2 hours before scheduled arrival time

For Wednesday or Thursday procedures, please arrive an hour before your scheduled sedation and go to the Admission Office (Bldg 2, 1st floor) to sign your child in to the hospital and receive their chart.

For questions related to the sedation, please contact the PSC at 953-3521.

Please call the GI clinic if your child is sick (fever, breathing difficulties) prior to your procedure, or if your child has needed steroids for asthma since your last appt.

After the EGD

You will meet your child in the recovery room, where they will be monitored closely by the recovery team until discharge. They will have no memory of the exam.

The gastroenterologist will meet with you to discuss the findings.

The biopsies will be sent to the pathology lab for processing and analysis; this typically takes 7-10 days.

Most children feel fine after the procedure. Some may have a mild sore throat, indigestion or mild abdominal discomfort.

Spitting up a small amount of blood after the procedure is uncommon but not abnormal.