Upper Endoscopy for Kids

What is an Upper Endoscopy?

Your doctor has recommended an Upper Endoscopy (also called an esophago-gastroduodenoscopy or EGD). This is a special test that allows your doctor to look directly into the swallowing tube, stomach and upper small intestine to help find out why kids have belly pain, diarrhea, throwing up, or trouble growing. It can help your doctor explain why you might have tummy (stomach) pain, watery poops (diarrhea), throwing up (vomiting), or trouble growing.

Reasons why children may need an Upper Endoscopy?

There are many reasons why children may need an Upper Endoscopy including:
- Vomiting
- Trouble swallowing
- Trouble growing
- Diarrhea
- Belly pain
- Taking out food, coins or other things that get stuck

What happens before, during, and after the test?

Before the test, on the morning of the test, you are not supposed to eat or drink anything because this can cause a problem with the medicines used to help you sleep during the test.

During the test, your child will be lying down on a table on their back or side. Monitors will be attached to their body to monitor your child’s breathing, blood pressure and heart rate during the procedure. Your child will receive a sedative medication through a vein in their arm. This medication helps them relax and sleep during the endoscopy. A plastic mouth guard will be placed to hold your child’s mouth open. Then the endoscope is inserted in their mouth. Your doctor then passes the endoscope down your child’s esophagus toward their stomach. A tiny camera on the end of the endoscope transmits images to a video monitor in the exam room. Your doctor watches this monitor to look for abnormalities in your child’s upper digestive tract. If abnormalities are found, your doctor may record images for later examination.

To help the endoscope move through the upper digestive tract, gentle air pressure may be fed into the esophagus. This inflates the digestive tract so the endoscope can move freely and the folds of your child’s digestive tract are more easily examined. If there’s a need to collect a tissue sample, your doctor will pass special tools through the endoscope. Your doctor watches the video monitor to guide the tools. When your doctor has finished the exam, the endoscope is slowly retracted through your child’s esophagus and back out through their mouth. The endoscopy typically takes five to 20 minutes, depending on your situation.

After the test, your doctor may have pictures to show you and your family. At the same time, he or she can tell your family if there are any medicines for you to take. Once you are drinking well, you can start eating again and go home. A few kids feel sick after the test and may be watched a little longer. Once you’re at home, your child may experience some mildly uncomfortable signs and symptoms after endoscopy, such as: bloating and gas, cramping, sore throat. These signs and symptoms will improve with time. If you’re concerned or quite uncomfortable, call your doctor.

After the test, have your parents call your doctor if you have...

- Tummy pain for more than an hour.
- Throwing up several times. Try to drink small amounts of drinks like Sprite or eat a popsicle.
- Bleeding. Spitting up small amounts of blood may be normal. However, if there is more than a spoonful or it lasts longer than 1 day, let your parents and doctor know.
- Persistent fevers.
- Sore throat. You may have a sore throat for a day or two after the test.
**Your Endoscopy Information:**

Procedure: ________________________

Scheduled for: ____________________

Preparation: No food or drink after ______________ the night before

Stop stomach medications on: ____________________________

**On the Morning of the Procedure**  
(Arrive 1 hour before your procedure):

**Long Beach/Miller Children’s Hospital Medical Center:**  
2801 Atlantic Ave  
Long Beach CA 90806

Check in at admitting in the Children’s Hospital Lobby at ______________.  
Then go to:  
  o 1st floor infusion Center  
  o GI Lab

**Torrance Memorial Medical Center**  
3330 Lomita Blvd.  
Torrance, CA 90505

Check in at the GI lab at ______________.