

ENDOSCOPY 101: EGD & COLONOSCOPY CHECKLIST

Patient Guide: Use this checklist to prepare for and discuss EGD or colonoscopy so the test answers the exact question you have. It highlights what to expect, real risks and benefits, and how results will change care.

- ☐ **What specific question are you trying to answer or rule out with this endoscopy?**
- ☐ **Have we tried appropriate noninvasive tests first?**
 - Which stool, breath, or blood tests have been done and what did they show?
 - If noninvasive tests are normal, why is an endoscopy still recommended now?
 - Could repeating or adding a specific noninvasive test change the plan?
- ☐ **What exactly will you look for during the procedure?**
 - For EGD: inflammation, ulcers, Barrett's changes, strictures, signs of celiac or eosinophilic disease.
 - For colonoscopy: polyps, cancer, inflammatory changes, angiodysplasia, or sources of bleeding.
 - Are there specific areas I should be worried about based on my symptoms or history?
- ☐ **Will you take biopsies or remove polyps if you find them?**
 - If biopsies are taken, how long until pathology results and who explains them?
 - If a polyp is removed, what type is it likely to be and how does that change surveillance?
 - Will removal require a different consent or extra recovery time?
- ☐ **What are my personal risks and how will you minimize them?**
 - Ask about perforation and bleeding rates for routine diagnostic scopes in experienced hands.

- Tell them your medicines (especially blood thinners) and ask how to manage them safely before the procedure.
- If you have heart or lung disease or prior surgeries, ask what extra precautions will be taken.

How do I prepare and what does bowel prep actually involve?

- For colonoscopy: which laxative regimen, timing, and clear-liquid rules should I follow?
- For EGD: fasting rules and medication instructions (e.g., blood pressure, diabetes meds).
- Ask for tips to make prep more tolerable and what to do if you can't finish the prep.

What sedation will be used and what does recovery look like?

- Will you use moderate sedation or propofol/deep sedation, and who monitors me?
- How long after the procedure will I be in recovery and when can I eat, drink, or go home?
- Ask about driving, work, and activity restrictions after sedation.

What common side effects should I expect and what symptoms need urgent care?

- Common: throat soreness after EGD, bloating or gas after colonoscopy, mild cramping, temporary grogginess.
- Warning signs: severe abdominal pain, fever, heavy or persistent bleeding, or chest pain—ask when to go to the ER.
- Who do I call after hours if I'm worried about a complication?

How and when will I get the procedure report and pathology results, and can I have copies for my records?

If the scope is normal or abnormal, what are the next steps?

- If normal: will you stop further testing or schedule follow-up based on symptoms?
- If abnormal: what treatments, medications, or surveillance intervals are likely?
- Ask how the findings change my long-term plan (screening intervals, medication changes, referrals).