

UPPER ENDOSCOPY

INSTRUCTIONS

You **MUST** bring someone with you to drive you home.

PROCEDURE

Your doctor has scheduled you to have an upper endoscopy which is a diagnostic and potentially therapeutic test that allows the doctor to directly examine the upper digestive tract using a narrow flexible instrument called a gastro scope. When performed by a specially trained physician, this is a safe and accurate way to determine the condition of your upper digestive tract (esophagus, stomach and first part of the small intestine or duodenum).

After preparing for your upper endoscopy by fasting, you will report to the designated area, as discussed by your physician. Because you will be given intravenous (IV) sedation, you may not drive for 24 hours after your upper endoscopy.

Please arrange another means of transportation.

Your upper endoscopy will be done in an outpatient examination area or in our office where the doctor will explain the procedure and give you an opportunity to ask questions before signing the consent form.

An intravenous (IV) will be started prior to your upper endoscopy so that sedation may be during the exam to keep you comfortable.

You will be lying on your left side for this procedure. If you wear dentures, they will be removed just prior to your upper endoscopy. Anesthesia will be administered and you will be monitored by a trained anesthesia specialist throughout your procedure and recovery. After you are asleep, the doctor will gently insert the gastro scope toward the back of your throat and guide it down your esophagus into your stomach and into the first part of your small intestine. You will be able to breathe normally during the exam. Periodically, a small suction tube may be placed just inside your mouth to remove saliva that may accumulate during the exam.

Biopsies may be taken during the exam and therapies may be performed through the gastro scope. You should not feel this.

After your upper endoscopy is complete, you will be taken into a room where the IV will be removed and you will rest as the effects of the medication wear off.

Before you are discharged, you will be given instructions regarding problems to be aware of after the procedure, results of the exam, treatment, diet, and follow up appointments if needed.

After the endoscopy, you should not expect to be uncomfortable but:

If your throat is irritated, you may use warm salt water gargles or lozenges for relief.

You may have some discomfort in the hand or arm into which the IV was inserted, as the medication may be irritating to your veins. If this persists longer than 48 hours or you have swelling or redness at the IV site, call your doctor.

You may have abdominal discomfort. This is most likely due to air put in during the endoscopy and should not last long.

If you experience these symptoms: persistent abdominal pain, abdominal bloating, rectal bleeding, fever, nausea, or vomiting - you should contact your doctor immediately.

Feel free to discuss these and other questions with the doctor or nurse before your examination.

Please call us at 845-331-8222.