



Upper Endoscopy

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To help determine your medical treatment, you have been asked to undergo a procedure called endoscopy, which is an examination of your esophagus, stomach and duodenum. The procedure is performed using an instrument called an endoscope. The endoscope is a thin, flexible tube that is passed through the mouth and back of the throat into the upper digestive tract. Abnormalities seen by x-ray can be confirmed and others may be detected which are too small to be seen on x-ray. If necessary, the doctor can pass an instrument through the endoscope and take a small sample of tissue (biopsy).

A doctor will give you intravenous anesthesia to make you comfortably sedated. The endoscope is inserted while you are in a comfortable position lying on your left side. The procedure is generally well tolerated with little or no discomfort. The scope will not interfere with your breathing. The procedure usually takes ten to twenty minutes. Afterwards, you will not be able to eat or drink anything for one hour and you also may feel tired for the remainder of the day

A nurse will observe you frequently during recovery period.

The upper endoscopy is a brief but important diagnostic test. Because we feel that patient education is an important part of your medical care, we would like you to write down any additional questions or concerns that you may have. Please ask the doctor or nurse the question before the procedure begins.

Additional Information

- ◆ You will need someone to drive you home because you will be receiving sedatives for the procedure.
- ◆ If you are only having an Upper Endoscopy, you may have solid food until midnight the night before your procedure & clear liquids until two hours prior to your arrival time.
- ◆ If you are having an Upper Endoscopy and a Colonoscopy, follow Colonoscopy Prep Instructions regarding diet before your procedures.
- ◆ You will be asked to sign a consent form before the procedure.
- ◆ You will be asked to remove eyeglasses, dentures and any jewelry besides wedding bands.
- ◆ You will be asked to change into a patient gown and to remove any restrictive clothing.
- ◆ The doctor will speak to you and a family member, if present, after the procedure to discuss the results of the exam.
- ◆ If you are taking any blood thinners or anti-inflammatory medications, please notify the doctor. You may need additional blood tests prior to the procedure, to determine your blood clotting status.