

Upper Endoscopy

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An upper endoscopy is an exam that lets your health care provider see your:

- esophagus (a tube that passes food from your mouth to your stomach)
- stomach (an organ that receives and digests food)
- duodenum (the first part of the small intestine where food mixes with bile from the gall bladder).

The exam is done using a flexible tube (a “scope”) that your health care provider passes through your mouth, into your esophagus and down your stomach and duodenum.

You will lie on your left side during the exam and be asked to keep your chin tucked toward your chest.

The exam takes about 15 minutes.

What to Tell Your Health Care Provider

Tell your health care provider if you:

- have allergies to latex or any medicines, including Novacaine®
- are pregnant
- have heart or lung problems
- take medicines for seizure disorders, blood pressure, or for heart or breathing problems (Take the medicine as usual the day of your exam. If you use an inhaler for breathing problems, use it on schedule before the exam.)

Your Exam

Hospital: _____

Date: _____

Time: _____ a.m. / p.m.

If you need to cancel your exam, please try to call within 24 hours before your appointment.

Phone number: _____

- take insulin, diabetes pills or Prednisone® (Your health care provider may want to change your dosages.)
- take a blood thinner (warfarin). (Ask your health care provider when you should quit taking it before the exam.)

Food and Liquid Directions Before Your Procedure

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

(over)

Regular foods: 8 hours

- Eat your regular foods up to 8 hours before your scheduled arrival time.

Light solid foods: 6 hours

- You may eat light solid foods up to 6 hours before your scheduled arrival time.
A light meal is:
 - juice or coffee with milk or cream
 - 1 piece of toast **or** 1 bowl of oatmeal or hot cereal.
- Do not eat any nuts or nut butters.
- Do not eat foods that are heavy or high in fat such as meat or fried foods.

Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
 - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
 - Do not have milk, yogurt or energy drinks.

Medicines

- Take your medicines as directed with a small sip of water.

Guidelines for babies

- **6 hours** before the scheduled arrival time
 - you may give formula.
- **4 hours** before the scheduled arrival time
 - you may give breastmilk.

Before the Exam

- Arrange to have someone drive you home after the exam. You will have medicine that will make you sleepy.

During the Exam

- You will lie on your left side on the exam table.
- The nurse or health care provider will spray your throat with a numbing medicine.
- The nurse will insert an intravenous (IV) line in a vein in your arm or hand.
- You will get medicine through the IV to help you relax or put you to sleep. The medicine will not affect your breathing.
- You will swallow the endoscope. The medicine will help keep you from gagging.
- The exam is not painful, but you may feel some discomfort when you swallow the tube.
- Neither the tube nor the medicine will interfere with your normal breathing.
- Air will be inserted through the endoscope.
- The endoscope will send pictures of your esophagus, stomach and duodenum to a video screen.
- You will be asked to keep your chin tucked toward your chest.
- If your health care provider sees an abnormal area, he or she may take a small tissue sample (biopsy). This is not painful. (The tissue will be sent to the lab.)
- When your health care provider is done, he or she will remove the endoscope.

After the Exam

- Your health care provider will talk with you about the results of the exam.
- You will be monitored for about 30 minutes after the exam.
- The IV will be removed.
- You may have a sore throat for a couple of days. Use ice chips or throat lozenges to help with the soreness.
- If you had a tissue biopsy (small tissue samples removed), you will be notified of the results within 2 weeks of your exam.

- You received a medicine that makes you sleepy. For your safety, you will need a responsible adult to:
 - drive you home
 - stay with you for 24 hours.
- For 24 hours:
 - Do not drive or use any machinery.
 - Do not make important decisions.
 - Do not drink alcohol. (It is also important to not drink alcohol as long as you are taking prescription pain medicine.)

When To Call Your Health Care Provider

Call your health care provider if you have:

- problems swallowing (including pain)
- trouble breathing
- unusual abdominal or shoulder pain
- black or bloody stools
- a temperature higher than 99 F.