



Your Procedure Guide | Upper Endoscopy

We would like to take this opportunity to thank you for choosing the Atherton Endoscopy Center. Our goal is to provide you with the highest quality of care in a friendly environment. We always welcome your feedback regarding your experience at our facility.

About the Procedure:

Your doctor has recommended that you have an upper endoscopy (also called an esophagogastroduodenoscopy). An endoscopy is a diagnostic test that allows your doctor to look inside your upper digestive tract. The endoscope, which is a thin, flexible, fiber optic instrument, is passed through the mouth to examine the esophagus, stomach and duodenum (beginning portion of the small intestine). An endoscopy is a safe and highly effective diagnostic tool. The procedure is very quick (usually less than 10 minutes) and painless. You will be given sedation to make you very relaxed and sleepy. Usually patients remember very little, and are pleasantly surprised by how easy the procedure was.

Five Days before the Procedure:

Please discontinue any of the following medications :

- Blood thinning medications – such as Coumadin, Plavix, Ticlid, Aspirin, Ibuprofen (Advil, Motrin, Excedrin IB), Naproxen (Naprosyn, Anaprox, Aleve). Please discuss stopping these medications with your doctor.
- Anti-arthritis medications (Voltaren, Lodine, Indocin, Orudis, Daypro, Feldene)

It is fine to take Acetaminophen (Tylenol).

Two Days Prior To Your Procedure

One of our nurses will be contacting you two days prior to your procedure to obtain your medical history and review your preparation instructions. We will be happy to answer any questions you may have at that time. Please make sure you tell the nurse if you have any of the following:

- Allergies to any medications or latex products
- Heart problems or related surgeries
- Joint replacement
- Tendency to bleed during surgical or dental procedures
- Sleep apnea or breathing difficulties
- Kidney problems

The nurse will ask you about the medications you take. Please let her/him know if you are taking, or have recently taken, any of the following medications:

- Blood thinning medications – as above
- Anti-arthritis medications – as above
- Anti-seizure medications
- Chemotherapy treatments
- Iron
- Diabetes medications such as Insulin or oral diabetes medications
- Herbal remedies

If you are taking medications for your heart, lungs or blood pressure, the nurse will let you know if you should take them on the morning of the procedure with sips of water.



The Day Before Your Procedure

Important: Please be aware that the time you take your preparation may vary depending on the time of your procedure.

Please follow the instruction times given to you by your physician.

Transportation

Because you will be receiving sedation (which may alter your reflexes, judgment and reaction time) you must make arrangements for a responsible adult to drive you home after your procedure. Taxis and buses are not permitted unless you are accompanied by a responsible adult. If you do not make the above arrangements, your appointment will need to be rescheduled for a time when a driver is available. This is for your safety and protection, as well as the safety and protection of others. Please contact us several days in advance if you are having difficulty finding a ride; we may be able to provide you with some [resources for transportation assistance](#).

The Day Of Your Procedure

Preparation:

For an AM procedure time: Do not eat or drink anything after midnight.

For a PM (afternoon) procedure time: You may have a clear liquid breakfast before 8 am. Clear liquids consist of: black coffee or tea, beef/chicken broth, apple juice, white grape or white cranberry juice, jell-o (no red or purple flavors). Your doctor may also allow you to have a light solid breakfast.

What to Wear

Please wear loose, comfortable clothing that is easily removed. Avoid tight fitting garments such as pantyhose. Please leave your valuables at home. You will be changing into a patient gown; you may usually leave on a small T-shirt and will not have to remove anything from the waist down. Wear comfortable, stable shoes since you may be a little unsteady when you leave.

Bring the following items with you:

- Your insurance cards and driver's license or suitable ID card
- A list of all medications you are taking (or bring the bottles with you).
- Respiratory inhalers or insulin, if you use them.
- Your consent form

Please arrive at our center 30 minutes prior to your scheduled procedure time unless otherwise instructed. Expect to be at the Center for 1½ to 2 hours. Your ride may wait in our waiting room or they may return to pick you up at the specified time. We will also be happy to call your ride when you are ready if they don't want to wait. When you arrive our receptionist will review your insurance and contact information with you. Please let her know of any changes.

The nurse will bring you back to the admission area to get you ready for your procedure.

- She/he will review your medical history if this has not already been done.
- The nurse will be starting an intravenous (which is used to administer the sedation) in your arm.



- You will be signing a **consent** to have your physician perform the endoscopy as well as possibly taking biopsies, removing polyps and controlling any bleeding that your doctor may see. On this consent you will also be agreeing that:
 1. **You are not to drive or operate machinery until the next day.**
 2. **You should not work until the next day.**
 3. **You should not sign any important documents or make important decisions until the next day.**
 4. **You should not exercise strenuously until the next day.**

During Your Procedure

You will be brought into one of the private procedure rooms where you will be cared for by your doctor and a Registered Nurse. The nurse will obtain your blood pressure, pulse, oxygen saturation and cardiac rhythm, which will be monitored continuously throughout the procedure. You will be lying on your left side for the procedure. Once you have had a chance to talk to your doctor, the nurse will begin administering the [sedation](#). Your throat may be sprayed with a numbing medication so that you do not gag, and you will be asked to remove any dental appliances. Your nurse may administer oxygen through a small tubing that rests under your nose. Once your doctor feels you are adequately relaxed he/she will gently pass the endoscope over the back of your tongue and into your esophagus, stomach and duodenum. Your doctor may take a biopsy, which you will not feel. Most patients doze throughout the procedure, and because of the sedation, do not remember much.

After Your Procedure

After your procedure is complete you will be taken to the recovery area. The nurses there will continue to monitor your blood pressure, pulse and oxygen saturation.

When your throat is no longer numb you will be able to drink liquids and will be able to eat as soon as you leave the Center. Once you are steady on your feet you will be able to go home; this is usually after about 30 minutes. The doctor will talk to you (and your family/friend if desired) about the results of your procedure before you leave, but because of the sedation you may not remember this. We will give you all of your discharge instructions in writing.

Discharge Instructions

- You may resume a normal diet as soon as you leave the Center unless otherwise instructed by your doctor.
- Drink plenty of fluids.
- Do not drink alcohol until the following day; it may interact with the sedatives you were given.
- Expect to sleep for several hours after you get home. Remember no driving or strenuous exercise for the remainder of the day. You may resume normal activity the following day.
- Your doctor may ask you to avoid aspirin and ibuprofen-like products for a period of time.
- Your doctor will recommend when to follow up with him/her.

You should call your doctor if you develop any of the following after your procedure:

- Severe chest or abdominal pain
- Difficulty swallowing
- Persistent nausea and/or vomiting
- Signs of bleeding (coughing up blood, or black tarry stools)
- Fever over 101 degrees and/or chills



The nursing staff will call you the following business day to see how you are. Please let her/him know if you have any concerns. You are welcome to call us anytime during our open business hours as well.