

Upper Gastrointestinal Endoscopy

This test allows the doctor to look inside the esophagus, stomach, and duodenum. The esophagus is the tube that carries food through the mouth into the stomach. The duodenum is the beginning of the small intestine.

This test can show abnormal conditions such as sores and inflammation. During the test, small tissue samples may be taken. This method can also be used to dilate or open the narrow esophagus and stomach. This method may be used to remove polyps and swallowed objects or to treat bleeding vessels and wounds.

How to prepare for an Endoscopy

Please review the following instruction. You will receive specific instructions from your doctor, nurse, or test center.

Medicines

If you are taking any of the following medications, please consult your doctor or test center for instructions:

- Aspirin and anticoagulants
- Nonsteroidal anti-inflammatory drugs (NSAIDs) (aspirin or arthritis drugs)
- Diabetic (insulin, etc.)
- Heart medications
- Antacids

If you have a disease such as hepatitis or AIDS, tell your doctor before having an endoscopy.

Diet and Nutrition

- Avoid eating and drinking from midnight before the test.
- If your doctor or laboratory tells you to take your usual medicine, take it only with small sips of water.

Please bring with you

- Due to the fact that sedatives are used, the presence of a companion is necessary to transfer you to home.
- Acceptance prescription from doctor, insurance forms or referrals
- List your medications. bring a list of foods or medications you are allergic to.

Before Endoscopy

- You will be asked to sign the consent form.
- You will wear hospital clothes and will be asked to remove dentures, contact lenses or glasses and jewelry.
- If needed, an intravenous (IV) catheter will be inserted into your arm.
- You will receive medicine to numb your throat.

What happens during endoscopy?

- For endoscopy, relax and lie down on your left side.
- An anesthetic spray is applied to your throat so that you do not feel anything.
- A small piece of protection may be inserted between your teeth. This will prevent damage to your teeth.
- When you are ready, the doctor will place the endoscope on your tongue, move it to your throat, ask you to swallow it, and then go down to your stomach.
- A nurse will constantly monitor you and suck your saliva, which has accumulated inside your mouth, with a suction.
- Sometimes the doctor will take a biopsy of the stomach tissue and it will not hurt.
- During endoscopy, you may feel pressure in the throat and discomfort in the abdomen and belching (due to the air being sent into the stomach for close observation), which are normal.

After Endoscopy

- You will need to be monitored at the hospital or endoscopy site one hour after the endoscopy.
- Your nurse will check your blood pressure and heart rate frequently.
- Your nurse will also monitor your nausea.
- Avoid eating and drinking until your nausea relieves.
- You may feel a sore throat and feel dull after the test.

What should you report to your doctor?

Tell your doctor or nurse immediately if you experience any of the following:

- Severe or persistent abdominal pain
- Black or white feces and bleeding
- Nausea and vomiting
- High fever

How to prepare your test results?

- Your doctor will talk to you about the test results. Talk to your doctor or test center staff about when you will receive your results.