

## ZSFG GI Endoscopy Instructions – Upper GI Endoscopy

APPOINTMENT DATE: \_\_\_\_\_ APPOINTMENT TIME: \_\_\_\_\_

**REGISTRATION:** Check in at the main lobby of **building 25**. Take the elevators to **floor G** and enter **room G1 (waiting room)**.

<b>7 DAYS BEFORE PROCEDURE:</b>	<ul style="list-style-type: none"> <li>● Stop taking iron pills (ferrous sulfate).</li> </ul>
<b>ASPIRIN AND ANTI-COAGULANT MEDICATIONS</b>	<i>CONTINUE</i> taking aspirin and anticoagulant medications as prescribed.
<b>1 DAY BEFORE PROCEDURE:</b>	<ul style="list-style-type: none"> <li>● Eat small meals up until midnight. Do not eat solid food after midnight.</li> <li>● <b>If you have diabetes:</b> Take half of your pills and/or half usual dose of insulin.</li> </ul>
<b>DAY OF PROCEDURE:</b>	<ul style="list-style-type: none"> <li>● <b>If you have diabetes:</b> Do not take diabetes pills or insulin today.</li> <li>● <i>TAKE ALL YOUR OTHER REGULAR MEDICATIONS</i> unless directed otherwise.</li> <li>● It is ok to drink clear liquids up until 3 hours prior to arrival.</li> <li>● Bring a responsible adult to escort you home (if you do not have an adult that can escort you home, call 628-206-0171 and we can arrange a ride for you).</li> <li>● If you are also having a BRAVO pH test the same day, you will receive separate instructions.</li> </ul>

## What is an upper endoscopy?

An upper endoscopy (also known as an EGD) is a test performed to evaluate the upper digestive tract. During the procedure, a doctor examines the lining of your esophagus, stomach and the first part of your small intestine through a thin flexible tube called an endoscope. If growths or other abnormalities are found during the procedure, the provider may biopsy or remove the abnormal tissue for further examination.

Plan to spend up to two hours at the endoscopy center the day of your procedure. The procedure itself takes about 15 minutes to complete.

## What happens before the upper endoscopy?

- You will change into a gown.
- A nurse will insert an intravenous (IV) line into your hand or arm.
- Your medical history will be reviewed with you, and you will be given consents to sign.

## What happens during the upper endoscopy?

- Medicine will be given through the IV line to help you relax and feel drowsy.
- Your heart rate, blood pressure, and oxygen levels will be monitored.
- The doctor will insert the endoscope into your mouth and will advance it slowly through the esophagus, stomach, and duodenum (first part of your small intestine).
- During the procedure, you may feel a gagging sensation or have a feeling of pressure or fullness.
- If abnormal tissue is found, the doctor may take biopsies through the endoscope for closer examination. Tissue biopsy is painless.

## What happens after the upper endoscopy?

- A nurse will talk to you about the findings of your upper endoscopy.
- The doctor will prepare a full report for the physician who referred you for the endoscopy and give you a copy to take home.
- You may feel bloated or have a sore throat. This is normal and will get better quickly.
- Medication given during the upper endoscopy will inhibit you from driving for the rest of the day. You should avoid alcohol for 24 hours after the procedure. You will otherwise be able to resume regular activities and diet after the procedure is complete.
- A nurse will provide you with a complete discharge instruction before you leave the endoscopy center.

***If you need to cancel/reschedule your appointment, or if you have any questions, please call us at (628) 206-8823. You can watch a short video on these instructions at:***

***<http://www.sfhealthnetwork.org/need-to-visit-a-specialist-doctor/gastroenterology>***