



## Upper GI Endoscopy Instruction Sheet

Patient Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Your endoscopy is scheduled for \_\_\_\_\_ (Day), \_\_\_\_\_ (Date) at \_\_\_\_\_ (Time).

\_\_\_\_\_ Arrive at front desk of the Endoscopy Center by \_\_\_\_\_ (Time).

\_\_\_\_\_ Arrive at Evangelical Hospital Surgical Desk Reception (take Elevator A to 2<sup>nd</sup> floor) by \_\_\_\_\_ (Time).

### What is an Upper GI Endoscopy?

An endoscope is a flexible fiber optic tube housing a video camera that projects images of your gastrointestinal tract on a video screen. This allows your doctor to examine the lining of your esophagus, stomach, and duodenum (first portion of small intestine). Under sedation, biopsy specimen (tiny bit of tissue), may be taken for microscopic examination. You will not feel anything during or after that process.

**Please familiarize yourself with instructions on front and back of this instruction sheet. Your preparation actually begins 5 days prior to your procedure.**

Call \_\_\_\_\_ @ 570-524-2722 @ extension \_\_\_\_\_ if you have any questions.

Days Before Your Procedure	Do's and Don'ts
<b>5</b>	<p><b>Discontinue</b> use of Aspirin, Motrin, Ibuprofen, Aleve, Excedrin or any other anti-inflammatory medication unless these are required for a cardiac condition. Last Dose _____.</p> <p>For symptom management such as joint pain or headache, only use Tylenol.</p>
<b>3-5</b>	<p><b>We will call your Primary Care Provider</b> to determine if and when blood thinners such as Coumadin should be stopped and we will call you with details. Anticipated Last Dose _____.</p>
<b>1</b>	<p><b>Do not eat or drink anything after midnight</b> the night before your scheduled procedure.</p> <p>[<b>Diabetics:</b> Take your oral medications and normal dose of insulin during the day but only <math>\frac{1}{2}</math> <b>the normal</b> dose of your <b>long-acting insulin</b> the evening before your procedure.]</p>



## Checklist for the Day of Your Procedure

- \_\_\_\_\_ **PLEASE TAKE MEDICATIONS** for *heart conditions and high blood pressure* with a *small sip* of water before you leave home. All other medications can be taken *after* your procedure unless directed otherwise by your physician.
  
- \_\_\_\_\_ **Diabetics: Do not take any oral medication** until after your procedure when you get something to eat.
  
- \_\_\_\_\_ Other than the sip of water with certain medications, **take nothing by mouth**, including gum, cough drops, mints, alcohol, and tobacco products (including smoking) before your procedure.
  
- \_\_\_\_\_ You **must** have a driver, as following sedation, you are legally not permitted to drive. If you do not have a driver, your procedure will be cancelled. **Your driver MUST remain on the premises** during your procedure. If your driver leaves, the provider may cancel your procedure.
  
- \_\_\_\_\_ If you are prescribed to use a CPAP machine, please bring this along to your procedure.
  
- \_\_\_\_\_ Bring your photo ID and insurance cards with you.
  
- \_\_\_\_\_ If you need corrective lenses wear glasses and not contacts.
  
- \_\_\_\_\_ If you are prescribed to use a CPAP machine, please bring this along for your procedure.
  
- \_\_\_\_\_ If you need to cancel on the day of your procedure, please call **shortly after 6 AM** 570-524-1213 if you are scheduled at the Endoscopy Center. 570-522-2624 if you are scheduled at Evangelical Community Hospital.

### What can I expect before and after the procedure?

A nurse will start an IV so that the sedatives can be administered. A doctor will spray your throat to decrease secretions and you may be asked to gargle with a numbing solution. After you lie on your left side a small mouthpiece will be placed between your teeth to protect your lips and teeth. You will be asleep before the endoscope is put in place. When you awaken, you will probably feel a bit drowsy and “foggy”, but your doctor will be able to discuss their findings with you. Your nurse or technician will provide you with instructions to follow once you’re home. You may feel up to your normal routine; however, be careful, as the sedating medicine is still in your system. You may even want to nap sometime during the day.