

## Upper Endoscopy

An upper endoscopy is performed to evaluate the upper gastrointestinal system (esophagus, stomach, small intestine). This examination is used to diagnose and treat multiple disease processes including ulcer disease, bleeding vessels, reflux disease (GERD), Barrett's esophagus, Celiac disease, esophageal and gastric varices, placement of luminal stents due to cancer or strictures, and for the evaluation of abdominal pain, unintentional weight loss, nausea/vomiting, diarrhea and decreased appetite. This procedure is also used to insert feeding tubes for those patients who need it.

### What happens the day before the procedure?

- Unlike a colonoscopy, there is no bowel preparation for an upper endoscopy.
- Do not eat or drink anything after MIDNIGHT the night before the procedure. For example, if your upper endoscopy is on Friday morning, you can eat or drink until 11:59 PM on Thursday.

### What happens on the procedure day?

- You will show up to the procedure center and meet with the anesthesiologist who will place an intravenous line (IV) in order to administer a sedative to make you comfortable during the procedure.
- You will not remember or feel any discomfort during the procedure.
- Once sedated, an endoscope, which is a flexible tube with a camera on the tip, will be inserted through the mouth. The endoscope will be gently advanced through the esophagus, stomach and small intestine.
- Procedures such as biopsies or treatment will be done.
- Pictures will be taken for you to view at the end of the procedure.
- Biopsy specimens will be sent to the pathology lab for evaluation.
- Somebody from my office will call you within 1 week to discuss the pathology results.
- Procedure times will range from 15 minutes to 45 minutes depending on the complexity of the case.

### What can I expect after an endoscopy?

- The majority of patients do not experience any symptoms after the procedure.
- Some patients may experience slight bloating and cramping after the procedure.
- You will be observed in the recovery room in compliance to standard safety protocol.
- You will be discharged with your accompanying ride.
- Even though you may feel fine after the procedure, you **MUST** have somebody drive you home from the procedure center due to your exposure to anesthesia during the procedure.
- Generally you should not expect to go to work on the day of your endoscopy.
- You will receive a phone call within the week to discuss any pathology results.
- You can eat a regular diet unless you are instructed otherwise.
- If you had biopsies performed or polyps removed, you will be given instructions to avoid certain medications such as Non-Steroidal Anti-Inflammatory Drugs (Advil, Naproxen, Ibuprofen, etc.), antiplatelet drugs (Aspirin, Plavix, etc.) and other blood thinners (Coumadin/Warfarin, Lovenox, Heparin, etc.).