



UPPER ENDOSCOPY

It is a test to visualize the inside of the stomach and duodenum, manage problems and sometimes to take samples.

Endoscopy Instructions:

- Do not eat or drink for up to 8 hours prior to testing for full view and to prevent aspiration.
- Stop blood thinners and reduce insulin if taken.
- Arrange for somebody to escort you home.

Procedure:

- Review of medical and surgical history.
- Consent
- IV line, sedative and/or analgesic may be needed.
- Vitals monitored and Oxygen may be given
- It takes 10-20 minutes
- Lying on left side.
- Spray to numb throat.
- Mouth scaffolded
- Endoscope is about a finger in size, consisting of a camera and light source connected to a monitor
- Biopsy taking is not painful.
- Air is insufflated to open up the esophagus, stomach and intestine. This a little bit hurts.
- Take slow, deep breaths to help you relax.

Recovery:

- Allow for up to an hour for sedatives to wear off.
- Bloating feeling because of insufflated air may cause you some discomfort
- There may be some sore throat as well.

Complications:

It is a safe procedure, so complications are rare including:

- Aspiration: food or fluid gets into lungs.
- Reactions to sedatives.
- Bleeding on biopsies, usually minimal and self-limiting or easily controlled.
- Perforation: extremely rare.

Report the following if happened:

- Severe abdominal pain (more than what gas cramps produce).
- Distended firm abdomen.
- Vomiting
- Any Temperature elevation
- Painful swallowing or difficult one.
- Crunching feeling underneath the skin of the neck.

Results are delivered before discharge except for biopsy result which needs around 1 week to be reported back.

