

Upper Endoscopy, Adult

Upper endoscopy is a procedure to look inside the upper GI (*gastrointestinal*) tract. The upper GI tract is made up of:

- The part of the body that moves food from your mouth to your stomach (*esophagus*).
- The stomach.
- The first part of your small intestine (*duodenum*).

This procedure is also called esophagogastroduodenoscopy (EGD) or gastroscopy. In this procedure, your health care provider passes a thin, flexible tube (*endoscope*) through your mouth and down your esophagus into your stomach. A small camera is attached to the end of the tube. Images from the camera appear on a monitor in the exam room. During this procedure, your health care provider may also remove a small piece of tissue to be sent to a lab and examined under a microscope (*biopsy*).

Your health care provider may do an upper endoscopy to diagnose cancers of the upper GI tract. You may also have this procedure to find the cause of other conditions, such as:

- Stomach pain.
- Heartburn.
- Pain or problems when swallowing.
- Nausea and vomiting.
- Stomach bleeding.
- Stomach ulcers.

Tell a health care provider about:

- Any allergies you have.
- All medicines you are taking, including vitamins, herbs, eye drops, creams, and over-the-counter medicines.
- Any problems you or family members have had with anesthetic medicines.
- Any blood disorders you have.
- Any surgeries you have had.
- Any medical conditions you have.
- Whether you are pregnant or may be pregnant.

What are the risks?

Generally, this is a safe procedure. However, problems may occur, including:

- Infection.
- Bleeding.
- Allergic reactions to medicines.
- A tear or hole (*perforation*) in the esophagus, stomach, or duodenum.

What happens before the procedure?

Staying hydrated



Follow instructions from your health care provider about hydration, which may include:

- Up to 2 hours before the procedure – you may continue to drink clear liquids, such as water, clear fruit juice, black coffee, and plain tea.

Eating and drinking restrictions

Follow instructions from your health care provider about eating and drinking, which may include:

- 8 hours before the procedure – stop eating heavy meals or foods, such as meat, fried foods, or fatty foods.
- 6 hours before the procedure – stop eating light meals or foods, such as toast or cereal.
- 6 hours before the procedure – stop drinking milk or drinks that contain milk.
- 2 hours before the procedure – stop drinking clear liquids.

Medicines

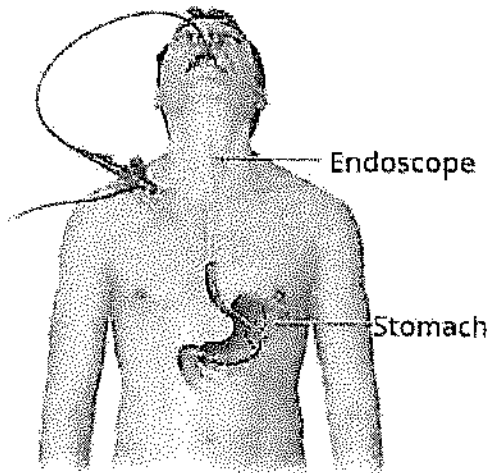
Ask your health care provider about:

- Changing or stopping your regular medicines. This is especially important if you are taking diabetes medicines or blood thinners.
- Taking medicines such as aspirin and ibuprofen. These medicines can thin your blood. **Do not** take these medicines unless your health care provider tells you to take them.
- Taking over-the-counter medicines, vitamins, herbs, and supplements.

General instructions

- Plan to have someone take you home from the hospital or clinic.
- If you will be going home right after the procedure, plan to have someone with you for 24 hours.
- Ask your health care provider what steps will be taken to help prevent infection.

What happens during the procedure?



- An IV will be inserted into one of your veins.
- You may be given one or more of the following:
 - A medicine to help you relax (*sedative*).
 - A medicine to numb the throat (*local anesthetic*).
- You will lie on your left side on an exam table.
- Your health care provider will pass the endoscope through your mouth and down your esophagus.
- Your health care provider will use the scope to check the inside of your esophagus, stomach, and duodenum. Biopsies may be taken.
- The endoscope will be removed.

The procedure may vary among health care providers and hospitals.

What happens after the procedure?

- Your blood pressure, heart rate, breathing rate, and blood oxygen level will be monitored until you leave the hospital or clinic.
- **Do not** drive for 24 hours if you were given a sedative during your procedure.
- When your throat is no longer numb, you may be given some fluids to drink.
- It is up to you to get the results of your procedure. Ask your health care provider, or the department that is doing the procedure, when your results will be ready.

Summary

- Upper endoscopy is a procedure to look inside the upper GI tract.
- During the procedure, an IV will be inserted into one of your veins. You may be given a medicine to help you relax.
- A medicine will be used to numb your throat.
- The endoscope will be passed through your mouth and down your esophagus.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your healthcare provider.