

WHAT IS UPPER ENDOSCOPY?

Upper GI Endoscopy (also called EGD or esophagogastroduodenoscopy) is a procedure that allows your doctor to examine the lining of the esophagus (food pipe), stomach, and duodenum (first part of the small intestine). Using a thin, flexible tube with its own lens and light source, the doctor can view the upper intestinal tract in order to identify any abnormalities.

HOW DO I PREPARE FOR THE EXAM?

It is important not to eat or drink anything for at least 8 hours before the exam. Be sure to discuss with your doctor whether you should use any of your normal medications before the procedure and whether you have any drug allergies. It is also important to mention other major diseases, such as heart or lung conditions, which might require special attention during the procedure. You will be asked to sign a consent form authorizing the physician to perform the procedure.

WHAT HAPPENS DURING UPPER ENDOSCOPY?

Upper GI endoscopy is usually performed on an outpatient basis. All dentures, eyeglasses, and contact lenses must be removed. Your throat may be anesthetized by a spray or liquid. A needle for intravenous (IV) medication will be placed in a vein in your arm prior to the procedure. Anesthesia will be provided by the hospital Anesthesia Department. Medicine will be injected through this needle that will make you sleepy and relaxed. As you lie on your side, the doctor will insert a small mouthpiece.

You can breathe easily throughout this exam. The doctor will help you swallow the flexible endoscope tube and then will examine the lining of your esophagus, stomach, and duodenum. A biopsy (tiny bit of tissue) may be taken for microscopic analysis. You will not feel any discomfort when the biopsy is performed. The procedure takes 15-30 minutes. Many people do not recall any of the procedure because of the effects of the medicine.

WHAT CAN I EXPECT AFTER THE EXAM?

After the test you will be monitored until most of the effects of the medication have worn off. You will probably feel drowsy and may sleep for a short time. The physician will explain the results of the exam to you.

The results of any biopsies taken will take several days. If you have any questions, feel free to ask the doctor, nurse, or technician.

WHAT ARE THE POSSIBLE COMPLICATIONS?

Endoscopy is generally safe. Complications can occur but are rare when the test is performed by physicians with specialized training and experience in the procedure. Bleeding may occur from a biopsy site or where a polyp was removed. It is usually minimal and rarely requires blood transfusions or surgery. Localized irritation of the vein where the medication was injected may rarely cause a tender lump lasting several weeks but this will go away eventually. Applying heat packs or hot moist towels may help relieve discomfort. Other potential risks include a reaction to the sedatives used and complications, e.g., perforation (a tear that might require surgery for repair) are very uncommon.

It is important for you to recognize early signs of any possible complication. If you begin to run a fever after the test, begin to have trouble swallowing, or have increasing throat, chest, or abdominal pain, let your doctor know about it promptly.

UPPER GI ENDOSCOPY PREPARATION

- You should have nothing solid to eat after midnight.
- You may have clear fluids (ex: – Water, black coffee/tea, juice, soda, broth, Jell-O,) up to **2 hours before your procedure arrival time.**
- Please arrive at the hospital on time and be sure you have someone to drive you home after the procedure. If taking a cab or elderbus someone other than the driver **must** accompany you home.
- When you get to the hospital, go to the outpatient desk in the main lobby of the hospital.
- Bring your regularly scheduled morning medications with you to take after the procedure.

**Please arrive at Harrington Hospital
Outpatient Desk @**

DATE: _____

ARRIVAL TIME: _____

PROCEDURE TIME: _____

THIS IS APPROX. & MAY CHANGE DUE TO HOSPITAL EMERGENCIES. WOULD ANTICIPATE AT LEAST 3 HRS FROM ARRIVAL TIME TO DISCHARGE.

SENT TO SDS: _____

CONSENT: _____

H&P: _____ SENT: _____

REF#: _____ PA#: _____

PATIENT NAME: _____

DOB: _____

Upper GI ENDOSCOPY

ALL INSURANCE PLANS HAVE DIFFERENT BENEFITS, COVERAGE & DEDUCTIBLES. WE ADVISE YOU TO CONTACT YOUR INSURANCE COMPANY BEFORE YOUR SCHEDULED PROCEDURE TO BE ADVISED OF YOUR SPECIFIC BENEFITS AND ANY OUT OF POCKET EXPENSES.

John G. Stagias, M.D.
Gastroenterology
428 Hamilton Street
Southbridge, MA 01550
Tel. (508)765-1600