

Yale HEALTH

Upper Endoscopy: Instructions

Date of Procedure:

Arrival Time:

Location of Colonoscopy: 55 Lock Street. 4TH FLOOR
New Haven CT 06511
(203) 432-7324

What is an Upper Endoscopy?

An **Upper GI Endoscopy** is a test that uses a long, flexible tube with a small camera and light at the end to look closely at the digestive tract. The camera on the tip of the tube takes high quality pictures of the tissues in the digestive system and shows them on a monitor. This test is used to diagnose and treat problems in the digestive system. It allows your doctor to see the esophagus (the tube that connects the throat to the stomach), the stomach and the beginning of the small intestine.

What are the risks?

Complications are rare, but they may include:

- Allergic reaction to the medicine
- Bleeding
- Making a hole in the GI tract
- Infection
- Breathing problem
- Irregular heartbeat
- Risk of missed lesions

What will happen on the day of the procedure?

When you arrive for your procedure, a medical assistant will bring you to your bed in the Preparation/Recovery Room. Next, a nurse will review your medical history and place an intravenous catheter (IV) into your arm. Lastly, the doctor will review the risks and benefits of the procedure with you and will ask you to give consent for this procedure; you may use this time to ask any questions relating to your medical history.

Yale HEALTH

In the Procedure Room, there will be two nurses and one doctor. They will perform a safety check, after which they will begin to administer sedation. Once you are comfortably sedated, the procedure will begin. The passage of the instrument (endoscope) will not affect your breathing. You may be awake for parts of this procedure, and the nurses will ensure you are comfortable. The room will be dark during the procedure but a nurse will be close by if you need help. The doctor may take some tissue samples; these samples will be sent to the laboratory for testing and you will receive these results in the mail.

After the procedure, a nurse will take you back to the Recovery Room where you will rest for approximately one hour while we monitor your vital signs. At this time we will call your ride home to tell them when to pick you up.

We recommend you eat and rest after returning home. You should be able to resume your normal diet that afternoon, and regular activities on the next day.

You can expect a call from one of our nurses approximately one week to one month before your procedure date to review your medical history and these instructions. You may use this as an opportunity to ask questions about your procedure.

BEFORE YOUR UPPER ENDOSCOPY

You will need to find an adult to take you home after your procedure. This is very important since you will be given medicine during your upper endoscopy that makes you sleepy. You will NOT be able to drive a car or go home alone even by bus, taxi or other transportation.

If you are unable to make these arrangements, your procedure will need to be rescheduled.

CONTACT YOUR MEDICAL PROVIDER IF:

- Have had a mitral valve replacement or prosthetic surgery within the past year
- Have heart disease, kidney disease or are on dialysis
- You take blood thinner medications such as Coumadin®, Plavix®, Xarelto®, or Eliquis®. Please contact your medical provider to see if these can be safely stopped before your procedure. **Do not stop these medications without consulting with them first.**

Yale HEALTH

- Take antibiotics before dental work
- You take any oral diabetes medication or short acting insulin. You may need to adjust your medications for blood sugar control

THE DAY BEFORE YOUR PROCEDURE

Stop eating solid food at 12:00 midnight on the night before the test. Your stomach must be empty.

THE DAY OF YOUR PROCEDURE

- You may have clear liquids, HOWEVER, do not drink anything **3 hours before** your appointment time.
- Your stomach must be empty for at least **3 hours** before your appointment time.

FREQUENTLY ASKED QUESTIONS

What if I get nauseous?

We can treat you with nausea medication (Zofran®) which may relieve symptoms of nausea and vomiting associated with sedation.

Will I be knocked out?

We use a technique called moderate sedation, which involves a combination of medications (Fentanyl®, Versed®, and sometimes Benadryl®) to make you feel relaxed and to relieve discomfort. This kind of sedation allows for a faster recovery. You may feel drowsy but you will be able to open your eyes and speak when we call your name. This technique is also called “twilight sleep.”

How long does the procedure take?

The upper endoscopy procedure typically lasts 15-20 minutes. Most of your time in the Endoscopy Unit is spent preparing for the procedure and resting after you receive sedation. You can expect to spend about 3-4 hours in the Endoscopy Unit.

After the Procedure:

After the procedure you will stay in the Endoscopy Suite for about an hour until the medicine wears off. You may feel bloating or you may “burp” because of the air that gets into your stomach through the tube. You will be able to eat after you

Yale HEALTH

leave unless your doctor tells you otherwise. You may have a sore throat for a day or two.

Contact Acute Care at 203-432-0123 immediately if you have a fever, trouble swallowing, throat, chest or abdominal pain.

Cancellations:

Please call us to cancel or reschedule your appointment, you cannot cancel or request appointments using MyChart. A late fee will be applied if appropriate notice is not provided- see your schedule of benefits for details.

Note: If you have any questions about your upcoming procedure, please call

YHC Endoscopy Mon-Fri 8AM to 4PM at (203)432-7324 Or (After hours) YHC Acute Care at (203)432-0123