

Upper GI Endoscopy Information and Instructions

Your procedure is scheduled on _____ and will be performed at the following location:

- ___ DHS Endoscopy Center, 2025 Frontis Plaza, Suite 210, Winston Salem, NC 27103
- ___ DHS Endoscopy Center, 137 Mt Calvary Road, Thomasville, NC 27360
- ___ DHS Endoscopy Center, 280 Broad Street, Suite G, Kernersville, NC 27284
- ___ DHS Endoscopy Center, 112 East Kinderton Way, Suite 100, Advance, NC 27006
- ___ DHS Endoscopy Center, 434 Kirby Road, King, NC 27021
- ___ Forsyth Medical Center, Endoscopy Center, 3333 Silas Creek Pkwy, Winston Salem 27103
- ___ Thomasville Medical Center, 207 Old Lexington Road, Thomasville, NC 27360
- ___ Kernersville Medical Center, 1750 Kernersville Medical Parkway, Kernersville, NC 27284

with Dr. _____ Please arrive at _____ AM/PM.

UPPER GI ENDOSCOPY

Upper GI endoscopy is a special examination of your upper gastro-intestinal (GI) tract for problems like ulcers, foreign objects, or tumors. During the examination a small flexible tube (endoscope) is passed through the mouth to the esophagus, stomach, then to the first portion of the small intestine. The endoscopy can be used to diagnose ulcers, gastritis, tumors, and causes of bleeding and pain. It can also be useful in removing foreign objects (such as coins in children), taking biopsy specimens, removing polyps, and opening narrow areas.

INSTRUCTIONS BEFORE THE PROCEDURE

1. **Do not eat anything after midnight the night before the test. You may have clear liquids (listed below) until 3 hours prior to your procedure, unless otherwise instructed. If you are a smoker, do not smoke the day of your procedure. Do not chew tobacco or use 'snuff' on the day of your procedure. Using smokeless tobacco will cause a delay of 4 hours or cancellation of your procedure.**

Clear Liquids – No Red Drinks- Only the liquids listed below UP UNTIL 3 HOURS BEFORE PROCEDURE.

Black Coffee	Water	Bouillon (chicken or beef)	Jello (No red Jello, no fruit added)
7-Up	Apple Juice	Orange Juice (No Pulp)	Popsicles (NO RED)
Tea	Sprite	Coke	Pepsi
Ginger Ale	Mt Dew	Gatorade	Dr. Pepper

Do NOT chew gum or have hard candies within the 3 hour period prior to your procedure. Your stomach should be completely empty prior to your test. Your procedure WILL be delayed or cancelled, if you have anything to eat, drink or chew less than 3 hours prior to your procedure.

2. Stop taking Blood Thinners 4 days prior to procedure, except for patients with a mechanical heart valve, coronary stent placed within the past year or a Deep Vein Thrombosis diagnosed in the past six months. The nurse will contact your cardiologist/family physician prior to instructing you to stop your blood thinners.
3. If you are a diabetic, please let your doctor and nurse know so adjustments may be made regarding your insulin or pills.
4. Please bring with you all your medication bottles or a list of medications you are currently taking.

RISKS OF THE PROCEDURE

1. Perforation- During the procedure it is possible, but very uncommon for a tear or small hole to be made in the esophagus or stomach. If a dilatation of the esophagus is necessary the risks of a tear or small hole occurring are

increased. Elderly people also have increased risks. A tear or small hole may require hospitalization and possibly surgery. Fortunately, this is a very rare complication.

2. Bleeding- A minor amount of bleeding may occur, however, a large amount of bleeding should be brought to your doctor's immediate attention. Patients that remain on anticoagulants such as Plavix are at increased risk of bleeding. You have the option of stopping your anticoagulant 4 days prior to the procedure; however this increases your risk of stroke or blood clots. Any decision to alter your anticoagulant medication should only be done in consultation with your cardiologists or prescribing physician.

3. Medications. As with any medications, allergic reactions or unusual side effects can occur. If you have any known allergies, please be sure to let us know.

4. There is a rare risk that polyps, lesions, or even a cancer may be missed.

THE PROCEDURE

You will have the opportunity to talk with your physician concerning the procedure, prior to sedation. Either the doctor or nurse will answer any questions you may have. You will then be given a sedative and the physician will begin the procedure.

You should plan to spend approximately 2 hours in our office for preparation, procedure and recovery time.

The following will be removed for your safety during the procedure:

- **Dentures (upper and lower) and Partial Plates**
- **Jewelry that pierces the tongue, lips, jaw, mouth, nose or chin area**

You will receive intravenous sedation. Propofol (a hypnotic agent) is the most common drug currently used for sedation. After you are asleep, the endoscope will then be passed through the mouth to the esophagus, stomach, and the first portion of the small intestine. The endoscope does not interfere with breathing. As the doctor begins his examination, some air will be inserted through the endoscope to better visualize the stomach. The procedure itself lasts from 10 to 12 minutes and is generally not painful.

YOU MUST BRING SOMEONE WITH YOU TO DRIVE YOU HOME, SINCE YOU WILL RECEIVE SEDATIVE MEDICATION. YOUR DRIVER SHOULD BE PREPARED TO REMAIN IN THE ENDOSCOPY WAITING AREA DURING YOUR ENTIRE PROCEDURE AND BE AVAILABLE AT THE TIME OF YOUR DISCHARGE.

AFTER THE PROCEDURE

When the procedure is finished, you will then be allowed to rest for a short period of time to allow some of the sedation to wear off, usually 20-30 minutes.

When ready for discharge, the nurse will get your family member or driver. The doctor will discuss the test results with you and your family/driver. This is done because the medication has an amnestic effect. If biopsies are taken, the doctor will notify you, usually by phone, letter or My Chart messaging, in 10-14 days.

You may resume a normal diet after the procedure unless directed otherwise by the doctor or nurse.

You may experience some mild soreness or discomfort following a dilatation of the esophagus, however, should you experience severe chest pain, please notify your doctor immediately.

You may have some soreness of the throat, not lasting longer than 24 hours. Warm salt-water gargles may help this. Because of the medications you will be given with this procedure, it is imperative that you follow ALL instructions below for the remainder of the day.

1. DO NOT drive a car or operate any machinery.
2. DO NOT drink any alcoholic beverages.
3. AVOID making important decisions.
4. AVOID signing any legal documents.

The above restrictions apply only to the day of your procedure. You should be able to resume your normal daily activities on the following day.

Attached is an example of the informed consent statement that you will be asked to read and sign at the time of your procedure.

