

# Upper Endoscopy

It is important to read these instructions upon receiving.



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## Upper Endoscopy

Your upper endoscopy is scheduled for \_\_\_\_\_

- Endoscopy Center on the second floor of Altru Professional Center (4440 S. Washington St., Door #13, up on the 2nd floor)
- Hospital with check-in at main registration desk (1200 Columbia Rd. S.)

Arrival time: \_\_\_\_\_

Procedure time: \_\_\_\_\_

Physician: \_\_\_\_\_

Endoscopy Center: 701.780.6533

Hospital: 701.780.5789

Toll free number: 800.437.5373

This pamphlet has been written to help you prepare for your upper endoscopy. It is not meant to take the place of a conference with your doctor. It includes answers to questions patients ask most often. Please read it carefully. If you have any further questions, please do not hesitate to call your doctor or nurse.

We suggest you check with your insurance company if you have any questions regarding coverage of your procedure.

## What is Upper Endoscopy?

Upper Endoscopy (also known as an esophagogastroduodenoscopy or EGD) is a procedure that enables the physician to examine the esophagus (swallowing tube), stomach, and duodenum (first portion of the small intestine) using a thin flexible scope.

## Indications

- » To evaluate upper abdominal pain, nausea, vomiting, or difficulty swallowing.
- » Determine and possibly treat the cause of bleeding from the upper gastrointestinal tract.
- » Detect inflammation, ulcers, or tumor of the esophagus, stomach, and duodenum.
- » To stretch narrowing in esophagus.
- » To remove polyps.
- » To remove swallowed objects.

## Preparation

A nurse from Pre-Procedure Services will call you to review your history and ask you some health-related questions. The nurse will also give you instructions to prepare for your procedure. Your procedure may be cancelled if you do not follow these instructions carefully. This is important so that we can adequately prepare for any special needs you may have. Let the nurse know if you have any history of:

1. If you are diabetic and on medications, our Pre-Procedure nurse will give you instructions regarding your diabetic medications.
2. If you are on any blood thinning medications you will be given instructions on when to hold or stop in necessary.

3. You will be given instructions on when to eat and drink prior to your procedure. Failure to follow these instructions may lead to delays or cancellation of your procedure.

You may be more comfortable wearing loose-fitting clothing. Plan on spending a total of 2-3 hours at the Endoscopy Center.

## **Day of Procedure**

You will be arriving prior to your procedure time to complete your admission process. The nurse will explain the procedure to you and answer any questions you might have. He/she will check your blood pressure and pulse. The nurse will ask you to change into a gown. A small intravenous needle (IV) will be inserted. This serves as a pathway to give you medication to keep you sleepy and comfortable during the procedure.

The effects of these medications may persist throughout the day. Therefore, we ask that you do not plan on working, driving a car, or working around machinery for the remainder of the day. **Your procedure may be cancelled if you do not arrange for transportation home.**

When the procedure is completed, you will be moved to recovery where you will spend 30-60 minutes. You will be offered toast and a beverage when you are fully awake. The doctor will talk to you after the examination to let you know the findings and you will be given an after-visit summary with the findings as well. If any biopsies or polyps were removed, you will be notified in about a week with that report. If, for some reason, you have not received the biopsy report from your doctor in a week, please call the office. You should be able to return to your normal activities the following day.

## **Procedure Sedation**

The type of sedation you receive will be determined by the physician performing the procedure based on your health history and review of your medications.

## **What is Moderate Sedation?**

This type of sedation minimizes pain and discomfort through the use of pain relievers and sedatives. A brief period of amnesia may erase any memory of this procedure/test. Moderate sedation is administered by a registered nurse under the direction of the physician performing the procedure.

## **What is Sedation Provided by Anesthesia?**

You will meet your anesthesia team (a doctor of anesthesia and a nurse anesthetist). They will review your medical history and explain the type of anesthesia you will receive. Any questions about anesthesia can be asked at that time. You will be asked to sign your anesthesia consent at this time, if you have not signed earlier.

## **Benefits of Procedural Sedation**

- » Decrease anxiety related to procedure/test
- » Make procedure/test more comfortable with less pain
- » Shortened recovery room stay

## **Monitoring During Procedural Sedation**

You will be properly monitored by a trained healthcare provider. Your healthcare provider will monitor your vital signs such as heart rate, blood pressure, breathing, oxygen level and alertness during the procedure/test and after the procedure/test.

After procedural sedation you should not drive yourself home or operate dangerous equipment or machinery for the remainder of the day. Judgement can be affected by medications and it is important not to sign any legal papers for 24 hours after receiving any medication for sedation. We recommend that someone be with you for 24 hours after sedation.

## Risks

It is your right, as a patient, to be informed of the risks or possible complications before you decide whether or not to have the recommended upper endoscopy. Your doctor performing the procedure will discuss these and will answer your questions prior to sedating you.

One rare complication is a perforation or tear through the esophagus, stomach, or duodenal wall which may require surgery. Bleeding may occur from the site of biopsy. It is usually minor and stops on its own or can be controlled through the scope. Rarely, blood transfusions or surgery may be required to stop the bleeding. Other potential risks include a reaction to the sedatives used and complications from heart or lung disease. Localized irritation of the vein where medications were injected may cause a tender lump lasting for several days, but this will go away eventually. Although complications are rare, it is important for you to recognize early signs of any possible complications. Contact the physician who performed the procedure if you notice any of the following symptoms: chest pain, shortness of breath, fever or chills, vomiting of blood, blood in your stools, or “black” stools.

Upper Endoscopy is generally safe as it is performed by a physician who has been specially trained and is experienced in these endoscopic procedures.

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