

# Upper Endoscopy Preparations



Digestive Disease Center

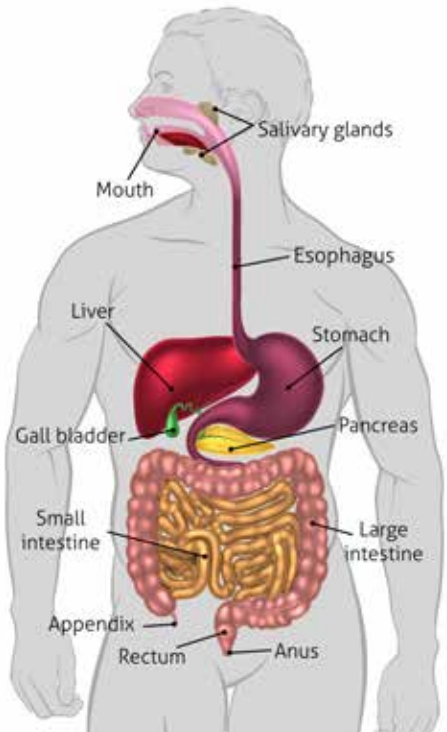
An upper endoscopy is an outpatient procedure used to examine portions of the digestive system. During this procedure, your doctor inserts a thin tube with a small camera on the tip into your mouth. He or she will then guide it into your stomach and small intestines.

This technology helps the doctor better view these organs. It also allows for the removal or biopsy of abnormal (cancerous and non-cancerous) tissue growths for future analysis.

This procedure is commonly used to identify causes of:

- ‡ Abdominal or chest pain
- ‡ Nausea and vomiting
- ‡ Heartburn
- ‡ Bleeding
- ‡ Swallowing disorders
- ‡ Inflammation
- ‡ Ulcers
- ‡ Tumors

*The digestive system helps the body break down foods and drinks into nutrients – carbohydrates, protein, fats and vitamins. The body uses these nutrients for energy, growth and cell repair.*



# Upper Endoscopy Procedure Instructions

## General Guidelines

- ‡ It is important that you follow all of the instructions in this brochure *exactly* as they are written.
- ‡ For your safety and to better ensure optimal viewing of the upper digestive system, your endoscopy will be *cancelled* if you do not follow all of these instructions.
- ‡ Your stomach must be empty so your doctor can clearly view the upper digestive system.
- ‡ Inform your doctor if you:
  - Are pregnant
  - Have a lung or heart condition
  - Are allergic to any medications

## Post-Procedure Arrangements

You will be given a sedative that causes drowsiness, dizziness and impaired judgment. Therefore, you should not drive or operate machinery for at least eight hours after the procedure.

Please arrange to have a family member or friend available to take you home after the upper endoscopy. *A responsible driver must accompany you home.*

## Prescribed Medications

You may need to stop or adjust some of your usual medications prior to the procedure. You must request these adjustments from the doctor(s) who prescribed them. Some of these medications may include:

### Blood Thinners

- ‡ Agrylin (Anagrelide)
- ‡ Coumadin (Warfarin)
- ‡ Effient (Prasugrel)
- ‡ Eliquis (Apixaban)
- ‡ Plavix (Clopidogrel)

- ‡ Pradaxa (Dabigatran)
- ‡ Ticlid (Ticlopidine HCL)
- ‡ Xarelto (Rivaroxaban)

### **Insulin or Diabetes Pills**

- ‡ Follow the instructions given by your doctor(s) regarding diet as well as insulin and diabetes pill use prior to the procedure.
- ‡ Bring your diabetes medication(s) with you on the day of your procedure.

## *Upper Endoscopy Preparation Process*

### **Eight Hours Before Your Procedure**

Do not eat any solid foods.

### **Four Hours Before Your Procedure**

Drink only clear liquids.

- ‡ Broth
- ‡ Plain Jello® or other gelatins
- ‡ Coffee or tea without milk, cream or sugar
- ‡ Apple juice
- ‡ Clear carbonated beverages (e.g. ginger ale, lemon-lime soda, etc.)
- ‡ Kool-Aid® or other flavored drinks
- ‡ Gatorade® or other sports drinks
- ‡ Popsicles

### **Day of Your Procedure**

Your experienced endoscopy physician will discuss any potential complications, explain the side effects and answer your questions.

As part of this 15 to 20 minute procedure, you will:

- ‡ Wear a hospital gown
- ‡ Remove your eyeglasses and dentures
- ‡ Receive local anesthesia (pain-relieving medication) on the back of your throat
- ‡ Receive a pain reliever and an intravenous (in your vein) sedative
- ‡ Lie on your left side throughout the procedure

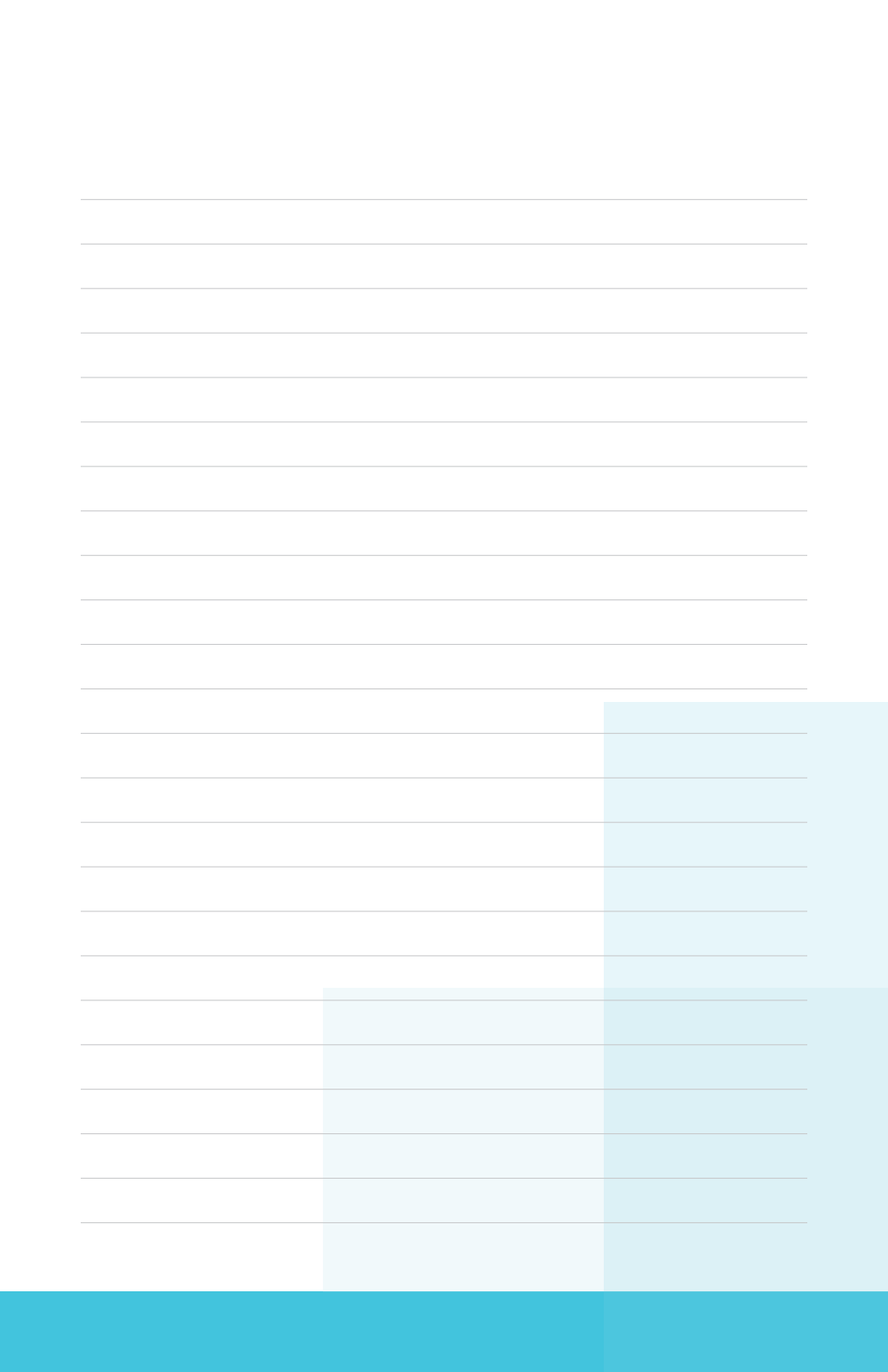
- ‡ Wear a mouthpiece, which will not interfere with your breathing
- ‡ Have an endoscope inserted into your mouth, down your esophagus and into your stomach, which will not interfere with your breathing.

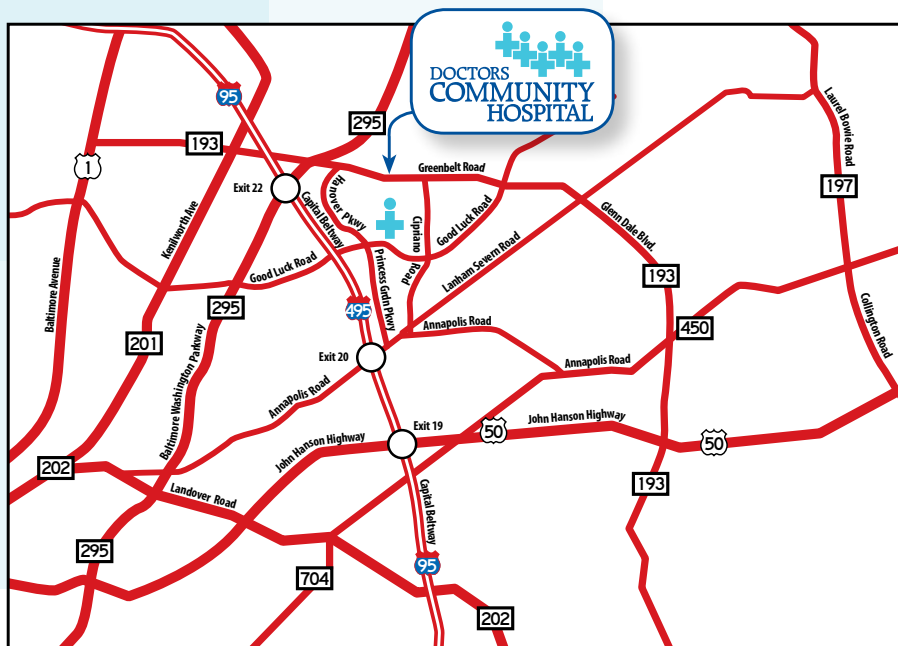
### *After Your Procedure*

- ‡ We will observe you for 30 minutes in the recovery room.
- ‡ You may experience a temporary sore throat for which lozenges may help.
- ‡ Your endoscopy physician will discuss the results with you, highlight any immediate medical concerns and share all information with your referring or primary care physician.
- ‡ You should call **240-965-4413** immediately if you experience any of the below conditions within 72 hours after having the procedure:
  - Severe abdominal pain
  - Continuous cough
  - Fever
  - Chills
  - Chest pain
  - Nausea
  - Vomiting









If you have any questions or need to reschedule your appointment, please call us at 240-965-4413.

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**Digestive Disease Center**  
8116 Good Luck Road  
Suite 010  
Lanham, Maryland 20706  
[DCHweb.org/digestive](http://DCHweb.org/digestive)