

ENDOSCOPY CENTER, 2 North
CHARETTE HEALTHCARE CENTER 757-953-2003
UPPER GI ENDOSCOPY

APPT DATE:
APPT TIME:
ARRIVE AT:
PHYSICIAN:

You are scheduled to have an upper GI endoscopy. This procedure visually examines the lining of the upper part of your gastrointestinal tract (the esophagus, stomach, and duodenum) using a flexible tube with video camera and a light on its end. Upper endoscopies evaluate and diagnose problems in the upper gastrointestinal tract. Small tissue samples (biopsies) can be taken through the scope. Stretching the esophagus (dilatation) can be done at the same time as upper endoscopy. You will be given a sedative and a pain reliever by intravenous (I.V.) to help you relax and be comfortable during the procedure.

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Please follow all instructions. If you have questions regarding your prep or other instructions please contact the clinic at **953-2003/2004 (questions opt. # 5, schedule or reschedule#4)**

- **It is recommended that all females of childbearing age have a urine pregnancy test done within 72 hours prior to the procedure. This MUST be done prior to day of procedure.**

PREPARING FOR ENDOSCOPY

- For the best (and safest) examination, the stomach must be completely empty.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT BEFORE YOUR SCHEDULED EXAMINATION**
- It is okay to take A sip of water to swallow your morning medications
- **You may drink clear liquids until 3 hours prior to your PROCEDURE;** (black coffee, or tea, apple, cranberry, grape juices, broth, Jell-O, popsicles, Gatorade, Pepsi, Coke, or other sodas... (Only clear liquids without red dye).
- **You may drink clear liquids until:**

Then nothing by mouth. NOT EVEN WATER

Arrive at the GI Clinic, 2nd floor; at least 1 hour before your scheduled **appointment.**

Arrive @

- Because you receive sedation, you cannot **legally** drive until the day following your procedure. **If you cannot arrange for a driver, your procedure will need to be rescheduled.**
- Upon arrival, check in at the front desk:
- Wear comfortable clothing, as you might be a little bloated after the procedure.
- Plan to spend about 2-4 hours in the Endoscopy Center.
- **DO NOT** bring large sums of money or wear jewelry to the clinic.

MEDICATIONS & SPECIAL MEDICAL CONDITIONS

- On the day of your procedure, please be ready to give the name and date of last dose of any and all drugs (OTC and prescribed) taken recently.
- It is okay to take sips of water to swallow your morning medications as instructed.
- **If you are unsure about a medication, please call the clinic at 757-953-2003/2004 (opt. #5).**
- **You may continue to take over the counter pain relievers and aspirin products up through the procedure.**
- It is okay to take sips of water to swallow your morning medications as instructed.
- **Continue to take prescribed blood pressure and heart medications throughout the prep, including the morning of the procedure, with a small sip of water**

- **If you are DIABETIC:**
 - Taking **insulin**, -evening before procedure; take ½ dose.
 - Morning of procedure; **DO NOT** take insulin. Check your blood sugars as directed especially the AM of your procedure
 - Oral medication; do not take the morning of your procedure.**

- If you are taking **blood thinners** (Coumadin, Pradaxa, or Plavix) consult your physician.

IMPORTANT REMINDERS:

- Each patient having an endoscopy will receive an IV for sedation.
- *Because you receive sedation you cannot:*
 - ✓ *Operate machinery , including a motor vehicle until the day following your procedure*
 - ✓ *Sign anything legally binding or make important personal or business decisions*
 - ✓ *Consume any alcoholic beverages*

- *You can resume your normal activities the following day.*

NOTE: If you cannot arrange for a driver, your procedure will need to be rescheduled. Someone must come, stay and wait in the GI Clinic to accompany you and drive you home. (Taxi and Bus transportation is unacceptable).