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## **Upper GI Endoscopy**

After careful medical assessment, your doctor has recommended that you have an upper GI endoscopy, (also known as an EGD or Panendoscopy). During this procedure a flexible fiber optic tube (endoscope) is passed through the mouth and throat into the upper digestive tract. This procedure allows the doctor to examine the lining of the esophagus (food tube), stomach, and duodenum (first portion of the small intestine) and to identify any abnormalities.

You will be given an instruction sheet explaining the preparation for this procedure, as it is essential that your stomach be empty for this procedure. Please keep this instruction sheet handy so that you can review it the week before your procedure. You may be asked to stop taking certain medications for several days prior to your procedure.

On arrival, the day of your procedure, you will be asked to undress from the waist up and will be given a patient gown. The nursing staff will admit you by reviewing your medical and surgical history, as well as checking your vital signs ( blood pressure, pulse, temperature, and breathing status).

All dentures and eyeglasses must be removed prior to the start of the procedure. You may prefer to remove contact lenses at this time.

You will be asked to sign a consent form authorizing the doctor to perform the procedure.

.A needle for intravenous (IV) medicines will be placed in your arm prior to the procedure. The anesthesiologist will meet you and review your medical and previous anesthesia history, as well. Medicine will be injected through the IV, by the anesthesiologist, that will make you relax and fall asleep during the procedure. Please let the doctor and the nursing staff know if you are allergic to any medications.

The doctor will then pass the flexible endoscope through your mouth and into your stomach while you sleep. He will examine the lining of the esophagus, stomach, and duodenum. A biopsy specimen (tiny bit of tissue) may be taken for microscopic examination. You will not feel any sensation or discomfort when the biopsy is performed. Any specimens will be sent to a laboratory specified by your insurance.

Most people do not recall any of the procedure because of the effect of the medicine. After the procedure, you will probably feel drowsy and may sleep for a short time. You may experience a slight feeling of bloating from air inserted during the procedure.

As long as there are no contraindications, you will be given a light snack and drink prior to your discharge.

The doctor will then discuss the findings with you and the nursing staff will give you written instructions to follow when you go home. If you have any questions, please feel free to ask the doctor or the nursing staff.