

# The Upper GI Endoscopy Procedure

Properly preparing for an upper GI endoscopy is very important. Ask your doctor any questions you may have and follow their instructions.

Do not eat or drink anything 8-10 hours before the procedure because the endoscope cannot see through digesting food. This will also reduce the risk of some complications.

Tell your doctor what medications, especially blood thinners and diabetes medications, you are taking. They may ask you to stop taking some types of medications or change them a few days before your endoscopy. Some medications, however, may be taken the morning of the procedure with a sip of water.

On the day of the exam arrive at the hospital or your doctor's office wearing comfortable clothing. Have someone come with you to drive you home.

Before the procedure you may have to take off any jewelry and you will put on a hospital gown. Your doctor will ask you to sign an informed consent form before the procedure, explaining that you understand the procedure and any risks involved.

Medication is given to you through an intravenous needle in your arm. This medication will make you sleepy and relaxed. You won't feel a thing.

Your blood pressure and pulse will be monitored. Extra oxygen may be given to you throughout the examination. You may be given medication to gargle, or a numbing spray, to numb your throat.

You will be moved to your left side and a plastic guard called a 'bite block' will be placed in your mouth to prevent damage to your teeth or to the scope.

Once you are asleep your doctor will insert the scope through the mouth and guide the scope down your esophagus and into your stomach. Air is pumped through the scope to inflate the esophagus, stomach and duodenum. This keeps the digestive tract open giving your doctor a clear view while the tube is carefully guided.

Endoscopy is a painless procedure. It will not harm you and later you can belch to relieve any gas pressure it may cause.

This is video taken during an endoscopy. As you can see your doctor will have a clear view of the lining of your upper gastrointestinal tract.

If your doctor identifies any abnormalities a biopsy can be performed. Tools including biopsy forceps can be passed through the scope to obtain a tissue sample. Samples obtained are sent to a lab to be examined under a microscope. And if there is any bleeding from an ulcer, your doctor can use clips or other tools to stop it.