

# Recovery from Upper GI Endoscopy

After your upper GI endoscopy you will be moved to a recovery room until the sedation medication wears off.

Even if you feel awake your judgment and reflexes are slowed. You must have someone drive you home after the procedure. Do not return to work, drive, operate machinery, drink alcohol or sign legal documents until the next day.

Because of the medication you have been given you may not remember the procedure. Other minor side effects include bloating from the air that was pumped into your system during the procedure, you may have a mild sore throat, you may feel tired and have trouble concentrating.

Although complications are rare, if you notice severe abdominal pain; not just cramps, a firm, bloated abdomen, vomiting or nausea, fever or sweating, severe sore throat or the beginning of a new cough, dizziness or fainting, or black, tar-like stool, contact your doctor immediately.

When you feel more awake, your doctor will discuss the results of your endoscopy. If any tissue samples were taken you may have to wait for the lab results to come back for a full and accurate evaluation.

Your doctor will give you instruction on how to care for yourself when you get home, including what medications to take. Don't overdo it. Start out eating lightly and gradually increase the amount of food you eat.

Most people are completely recovered the following day.

An upper GI endoscopy is a great tool for early detection of upper gastrointestinal tract conditions, so treatment can begin, if needed.