

The Upper GI Endoscopy Procedure

Properly preparing for an Upper GI Endoscopy is very important. Ask your healthcare provider 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 healthcare provider what medicines, especially blood thinners and diabetes medicines, you are taking. They may ask you to stop taking some types of medicines or change them a few days before your endoscopy.

Some medicines, 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 healthcare provider'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 healthcare provider will ask you to sign an informed consent form before the procedure. Signing this form means you understand the procedure and any risks involved.

Medicine is given to you through an IV needle in your arm. This medicine 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 medicine 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 healthcare provider 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 healthcare provider a clear view while the tube is carefully guided.

Because you are sedated, endoscopy is a painless procedure.

Later you can belch to relieve the pressure it causes.

Discuss any possible side effects with your healthcare provider.

The Upper GI Endoscopy Procedure

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

If your healthcare provider identifies any problems, a biopsy can be performed. Tools can be passed through the scope to obtain a tissue sample.

Samples are sent to a lab to be examined under a microscope.

And if there is any bleeding from an ulcer, your healthcare provider can use clips or other tools to stop it.

Your endoscopy should take between 10 and 30 minutes to complete.

After your procedure, you'll move to a recovery area where your blood pressure and pulse will be checked, and you'll receive further instructions from your healthcare team.