

Pre-Procedure: Upper Endoscopy

Now that you've scheduled your upper endoscopy, you may be feeling a bit nervous about the procedure. That's understandable.

To help ease your mind, focus on this: During an upper endoscopy, your healthcare provider can identify and possibly even treat the reason for your unpleasant digestive symptoms. After the procedure, you'll be on your way to feeling better. Now, that's worth a fist pump.

Knowing what to expect with this procedure can also help you feel less anxious and better prepared. Here are the facts behind some common concerns about upper endoscopy.

Will it hurt? Truth is, you may feel some discomfort during the procedure, mostly when air is pumped through the endoscope into your stomach and intestinal tract to make them easier to see.

Your care team will talk with you before hand about your options for sedation. If you choose to be sedated, you'll receive medicine through an IV that will help you relax and not feel any discomfort. You may even fall asleep. And remember, the whole procedure only takes 15 to 20 minutes.

Will I gag or have trouble breathing? Nope, your healthcare provider has done lots of upper endoscopies and knows how to keep you comfortable during this quick procedure.

Before it starts, your throat will be numbed with medicine to help prevent gagging and the endoscope will never disrupt your breathing. You'll also be closely watched throughout for any discomfort.

What about risks? Most procedures have some risks, like the chance for an infection.

An added risk with upper endoscopy is a tear in the lining of your intestinal tract.

Keep in mind, though, that such an event is rare and your care team knows exactly how to keep you safe. You can do your part, too, by following all pre and post procedure instructions and if you have any questions, ask away.

How will I feel afterward? After the procedure, your throat may be sore and you may feel a little bloated. Depending on your level of sedation, you may also feel groggy and have some nausea.

If that's the case, speak up right away. Your care team can help you feel better quickly with fluids and medicines. In fact, most people return to their normal activities, even eating, within a few hours.

Still have questions or concerns? Your care team is here to help. Get in touch to learn more about all you can do to make your upper endoscopy a success.

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