

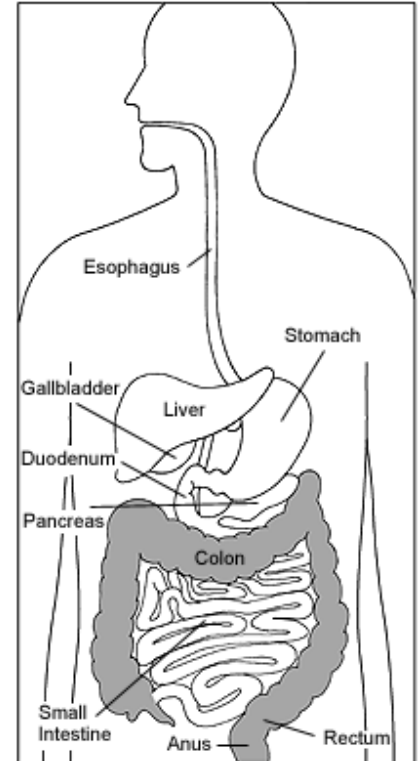
What is an Upper GI Endoscopy?

PATIENT/FAMILY INFORMATION SHEET

What is an Upper GI Endoscopy?

An upper GI (gastro-intestinal) endoscopy is a procedure that allows your doctor to see inside your esophagus (food tube), stomach, and duodenum (first part of your small intestines). The purpose of the Upper GI is to:

- Diagnose gastrointestinal reflux
- Diagnose the causes of persistent nausea and/or vomiting, and abdominal pain and/or chest pain.
- Diagnose the cause of bleeding from the upper gastrointestinal tract.
- Detect inflammation, ulcers, and abnormal growths of the esophagus, stomach, and duodenum.



Source: National Digestive Diseases
Clearinghouse @
<http://digestive.niddk.nih.gov>

How do I prepare for the Upper GI Endoscopy?

You may not have anything to eat or drink after midnight the day of the procedure. You usually will not need to take any form of laxative/bowel prep.

Consult with your doctor regarding the medications you are currently taking. Some medications, such as blood thinners (Coumadin, aspirin) anti-inflammatory drugs, and certain vitamins and herbals are usually stopped prior to the upper GI endoscopy. Discuss with your doctor whether you need to stop these medications prior to your procedure date.

If you are having the Upper GI Endoscopy as an outpatient, you must arrange for a ride home; you will not be allowed to drive.

How is the Upper GI Endoscopy performed?

- An intravenous line will be started in one of your arms.
- You may be asked to lie on your left side on the examine table with your head slightly elevated to prevent from swallowing excess saliva.
- You will be given medication to relieve discomfort and a mild sedative to help you to relax during the procedure. *Notify your doctor prior to the procedure if you are allergic to any medications.*
- A thin, flexible, lighted tube called an endoscope will be inserted into your esophagus and advanced down into your stomach and duodenum.
- The doctor will be able to see images through the endoscope of the inside of your esophagus, stomach, and duodenum to examine the lining of each for abnormalities.
- The doctor may also insert instruments through the endoscope to treat bleeding or remove samples of tissue, called biopsies, for further testing in the lab.
- The entire procedure is relatively quick, usually taking about 20 minutes.
- You will remain in the endoscopy suite for approximately 30 to 60 minutes after the procedure to allow time for the sedative to wear off.

Are there any complications to be aware of?

Though uncommon, possible complications from an upper GI endoscopy include bleeding and puncture of the stomach lining. Most people will experience a mild sore throat after the procedure.

References: Greenwich Hospital Endoscopy Center

National Digestive Diseases Clearinghouse. Retrieved December 20, 2004, from <http://digestive.niddk.nih.gov>

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