

## **INFORMATION FOR PATIENTS UNDERGOING UPPER GI ENDOSCOPY PROCEDURES**

Since the doctor will be examining your stomach, it is important that you eat or drink nothing before the procedure. Since you will be sedated for the procedure, it is essential that you arrange to have transportation to and from the hospital in advance as you are not allowed to drive home on your own.

**MEDICATIONS:** Any nonessential medications, vitamins, thyroid pills, etc., should all be taken after you return home from the procedure. However, important medications for blood pressure, heart, and diabetes should be discussed with your physician in advance of your procedure.

**PREPARATION:** If your procedure is scheduled in the morning, do not eat breakfast (other than a sip of water with important medications). If your procedure is scheduled in the afternoon, you may have a clear liquid breakfast such as apple juice, broth, Jello, coffee, or tea. You may consume these clear liquids up to four hours prior to your exam.

**ARRIVAL:** You will need to arrive at the Outpatient Department/Facility one hour prior to your procedure time. This will allow time for registration and for starting your IV. Following the procedure, which takes only 30 minutes or less, the nursing staff will observe you for an hour or so to let the medicine wear off before releasing you to go home.

**AFTER:** You may experience a mild sore throat after the procedure. Some people have some nausea from the sedation, and others have some bloating from the gas and air, which is used to inflate the stomach. These symptoms should be mild. If you have any severe pain, bleeding, fever or vomiting, you should report them promptly to the doctor and go promptly to the emergency room.