

PATIENT INSTRUCTIONS/EDUCATION
Upper Intestinal Endoscopy

DIVISION OF GASTROENTEROLOGY

Medical Special Procedures
University Hospital
E-Yellow, Suite E-178
150 Bergen Street
Newark, New Jersey 07103

Tel: (973) 972-6077 or 972-5614
Fax: (973) 972- 2238

Name _____

Doctor _____

Appointment _____ am/pm _____

Weekday _____ / _____ / _____ / _____ (m/d/y)

INSTRUCTIONS

PRE-ADMITTING PROCESS

Call Pre-Registration one week before your procedure to complete the pre-registration process. They are open Monday - Friday, 8 AM to 4 PM and the number is (973) 972-8320/8321/8322

PREPARATION

- Do **NOT** eat or drink anything after midnight the day **PRIOR** to the procedure to ensure that the examination of your esophagus, stomach, and duodenum is complete.

MEDICATION

- Take all of your prescription medications, except Diabetes medication, unless the physician has instructed you otherwise.

ARRIVAL TIME

- Arrive 45 minutes **BEFORE** your scheduled time **at Medical Special Procedures, Suite E-178, University Hospital**. If you have any problems in keeping this appointment, please call **(973) 972-6077 or 972-5614**.

GOING HOME

Arrange for someone to take you home after your test. You should not drive yourself.

PATIENT EDUCATION

Upper Intestinal Endoscopy

Background

Your doctor has referred you for an upper intestinal endoscopy, also called an esophagogastroduodenoscopy (EDG). The procedure involves passing a flexible instrument through your mouth into your esophagus, the tube that connects your mouth to your stomach. The flexible instrument, an endoscope, allows the doctor to examine the lining of the esophagus (food tube), stomach and duodenum (first portion of the small intestine) and to identify any abnormalities. In addition to providing images, the endoscope has a channel through which biopsy forceps can be passed to take very tiny pieces of tissue for analysis, if necessary.

All dentures and eyeglasses must be removed prior to the start of the procedure. You may prefer to remove contact lenses at this time.

How the examination is performed

A needle for intravenous (IV) medicines will be placed in your arm vein prior to the procedure. Medicine will be injected through this needle that will make you sleepy and relaxed. Your doctor may also spray your throat or ask you to gargle with a numbing medicine.

As you lie on your left side, the doctor will place a small mouthpiece between your teeth. You will be able to breathe normally.

The doctor will then help you to swallow the flexible endoscope tube and he will examine the lining of the esophagus, stomach and duodenum. A biopsy specimen (tiny bit of tissue) may be taken for microscopic examination. You will not feel any sensation of discomfort when the biopsy is performed.

Many people do not recall any of the procedure because of the effect of the medicine. After the procedure, you will probably feel drowsy and may sleep for a short time. The doctor will then discuss the finding with you and the GI nurse or technician will give you instructions to follow when you go home.

Risks

Upper intestinal endoscopy has a low risk probability, which may include infection, bleeding, and/or perforation. These complications occur in less than 1 of 1,000 procedures.