

Gastroenterology Consultants of Long Island, PC

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UPPER GASTROINTESTINAL ENDOSCOPY

Your test is on: DATE: _____ TIME: _____

What is an Upper Gastrointestinal Endoscopy

An upper gastrointestinal endoscopy is a procedure which allows the doctor to examine the esophagus, stomach, and first part of the small intestine (duodenum). This is accomplished by using a long, flexible tube with a light at the tip which is inserted through the mouth. Anesthesia will be given to make you relax (please notify us of any allergies). If the doctor sees an abnormality, he can pass an instrument through the endoscope and take a small piece of tissue (biopsy) for examination. Taking a biopsy causes no pain. The actual procedure takes 10-20 minutes. There is a 30 minute recovery period after the procedure.

The endoscope may be used as a means of treatment. This can include the application or electrical current, injections or dilation. If a polyp is found, your physician may be able to remove the polyp through the instrument.

Preparation

You should have nothing to eat or drink after midnight the night before the test. No other preparations are necessary.

Avoid bringing any unnecessary valuables with you.

Day of Examination

You will receive anesthesia, therefore, **A RESPONSIBLE ADULT MUST MEET YOU AND DRIVE YOU HOME. YOU CANNOT DRIVE FOR THE REMAINDER OF THE DAY. A CAB OR CAR SERVICE IS UNACCEPTABLE UNLESS YOU ARE ACCOMPANIED BY A RESPONSIBLE ADULT.**

What to Expect After the Procedure

You may experience a mild sore throat that should slowly improve. You might be sleepy for an hour to two after the procedure due to the medications you will receive at the time of the exam. You will expel gas as air is instilled into the stomach during the exam for adequate visualization. You will receive information about resuming your diet after the procedure.