

Robert C. Janda, M.D.  
Robert M. Lee, M.D.  
Peter L. Seraphin, D.O.  
Erin Downes, PA-C

12 Salt Creek Lane Suite 425, Hinsdale, IL 60521

630-789-2260

### INSTRUCTIONS FOR THE UPPER GI ENDOSCOPY PROCEDURE

Patient Name \_\_\_\_\_ Doctor \_\_\_\_\_

Place of Procedure \_\_\_\_\_ Date/Time of Procedure \_\_\_\_\_

Register at Out Patient Registration \_\_\_\_\_ Time of Registration \_\_\_\_\_

After careful medical assessment, your doctor has recommended that you have an upper GI endoscopy. Prior to this examination, you will be asked to sign a consent form authorizing the doctor to perform the procedure. Please inform the nurses and/or the doctor if you are allergic to any medications.

On the night prior to your procedure, \_\_\_\_\_, you must remain fasting (nothing by mouth including water) after midnight and until after the procedure is performed. However, on the morning of your procedure, all blood pressure medications must be taken with a small sip of water. If you are diabetic, hold all diabetes medications on the morning of your procedure and until after your procedure when you have eaten. Please do not take aspirin products or blood thinning medications for three days prior to your test. If you take Plavix or Trental special instructions are as follows: \_\_\_\_\_

All dentures and eyeglasses must be removed prior to the start of this procedure. You may prefer to remove contact lenses at this time. Do not smoke the day of your exam, prior to the exam.

During the procedure a flexible fiber optic tube (an endoscope) is passed through the mouth and throat and then into the upper digestive tract. This procedure allows the doctor to examine the lining of the esophagus (the food tube), the stomach and the duodenum (the first portion of the small intestine) to identify any abnormalities.

A needle for intravenous (IV) sedation will be placed in an arm vein prior to the procedure. Medicine for sedation will be passed through the needle that will make you sleepy and relaxed. Your doctor may also spray your throat or ask you to gargle with a numbing medicine. You will be asked to lie on your left side, after which the doctor will lace a small mouthpiece between your teeth. You will be able to breathe normally.

The doctor will then ask you to swallow so that the flexible endoscope tube can be passed easily. With this tube, the doctor will examine the lining of the esophagus, the stomach, and the duodenum. During the procedure, a biopsy specimen (a tiny bit of tissue) may be taken for microscopic examination. You will not feel any sensation or discomfort when the biopsy is performed. Many people do not recall any of the procedure because of the amnesia effects of the sedative medicine. After the procedure, you will probably feel drowsy and may sleep for a short time.

Following the procedure, you will receive instructions to follow after you are at home. If you have any questions, please feel free to ask your doctor or the nurse.

**PLEASE MAKE ARRANGEMENTS FOR SOMEONE TO DRIVE YOU HOME. YOU WILL NOT BE ALLOWED TO DRIVE HOME ON YOUR OWN. IF SUCH A PERSON IS UNAVAILABLE, YOUR PROCEDURE WILL BE CANCELLED. YOU WILL NOT BE ABLE TO TAKE A TAXI OR COURTESY CAR BY YOURSELF. DUE TO THE EFFECTS OF THE SEDATION, YOU CANNOT DRIVE OR OPERATE A MACHINE UNTIL THE FOLLOWING DAY.**

We recommend that a responsible person stay with you when you get home and throughout the day.

**PLEASE DO NOT WEAR ANY JEWELRY AND LEAVE YOUR VALUABLES AT HOME.**