

Patient Education

Upper GI Endoscopy

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You must carefully read the "Consumer Information Use and Disclaimer" below in order to understand and correctly use this information

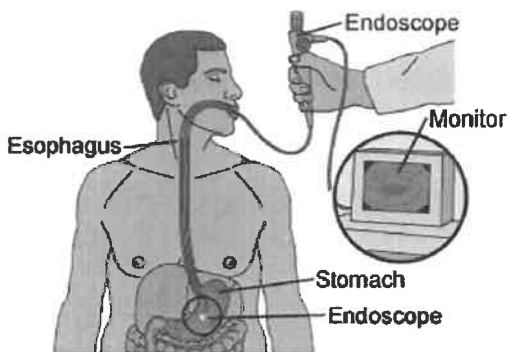
Why is this procedure done?

This procedure is done to view your upper gastrointestinal (GI) tract. This includes your throat and food pipe (esophagus). It also includes your stomach and the first part of the small bowel. Some people have this test for problems like coughing or throwing up blood. Other people may be having bad belly pain or blood in their stool. You may be having trouble swallowing or problems with acid reflux.

Doctors often use this test to look for problems like:

- Ulcers
- Cancer or tumor growths
- Internal bleeding
- Swelling
- Inflammation
- Barrett's esophagus
- Gastroesophageal reflux disease or GERD
- Swallowing problems

Endoscopy



What will the results be?

Your doctor may find the problem inside your body that is causing your signs. The doctor can also treat some problems while doing this procedure. This may include things like stopping bleeding or removing a growth.

What happens before the procedure?

Your doctor will take your history and do an exam. Talk to the doctor about:

- All the drugs you are taking. Be sure to include all prescription and over-the-counter (OTC) drugs, and herbal supplements. Tell the doctor about any drug allergy. Bring a list of drugs you take with you.

- Any bleeding problems. Be sure to tell your doctor if you are taking any drugs that may cause bleeding. Some of these are Coumadin, ibuprofen, Aleve (naproxen), or aspirin. Certain vitamins and herbs, such as garlic and fish oil, may also add to the risk for bleeding. You may need to stop these drugs as well. Talk to your doctor about them.
- When you need to stop eating or drinking before your procedure.

You will not be allowed to drive right away after the procedure. Ask a family member or a friend to drive you home.

What happens during the procedure?

- Once you are in the operating room, the staff will put an IV in your arm to give you fluids and drugs. You will be given a drug to make you sleepy. It will also help you stay pain free during the surgery.
- Your doctor will spray a drug in your throat to numb the area.
- You will be asked to lie on your left side. The staff may put a small tube in your nose to help you breathe. Your doctor may place a tool in your mouth to keep it open during the procedure. The staff will place a dental suction tool in your mouth to lessen saliva flow.
- The doctor will put a special scope in your mouth and down your food pipe. It is a long, thin tube with lights and a small camera. It sends images to a screen in the operating room where the camera is being used. Your doctor will ask you to swallow to help the scope pass through your throat.
- To be able to view the site clearly, gas will be pumped into your belly.
- Your doctor will use the scope to see if there are problems in your upper GI tract. Small tools may be used with the scope to fix any problems that are found. Your doctor may stop an area of bleeding or take out a tumor. The doctor may also remove a growth or take tissue samples for biopsy.
- This procedure takes about 15 to 30 minutes.

What happens after the procedure?

- You will go to the Recovery Room and the staff will watch you closely.
- You will be allowed to go home when you are awake and able to eat and drink.
- You may feel bloated after the procedure. This is from any gas the doctor may have used to help see your GI tract better.
- You may have a sore throat after the procedure. You can drink fluid once the numbing drugs in your throat wear off.
- Ask your doctor when the results will be available. Set up a visit to talk about them.

What drugs may be needed?

The doctor may order drugs to:

- Help with pain
- Decrease the acid in your stomach

What problems could happen?

- Painful swallowing
- Upset stomach
- Injury to food pipe
- Throwing up
- Tear in the esophagus

Where can I learn more?

International Foundation for Gastrointestinal Disorders

<https://www.iffgd.org/tests-diagnosis/upper-gi-endoscopy.html>

National Digestive Diseases Information Clearinghouse

<http://digestive.niddk.nih.gov/ddiseases/pubs/upperendoscopy/>

Consumer Information Use and Disclaimer:

This information is not specific medical advice and does not replace information you receive from your health care provider. This is only a brief summary of general information. It does NOT include all information about conditions, illnesses, injuries, tests, procedures, treatments, therapies, discharge instructions or life-style choices that may apply to you. You must talk with your health care provider for complete information about your health and treatment options. This information should not be used to decide whether or not to accept your health care provider's advice, instructions or recommendations. Only your health care provider has the knowledge and training to provide advice that is right for you.

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