

Patient Education

Upper GI Endoscopy Discharge Instructions

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

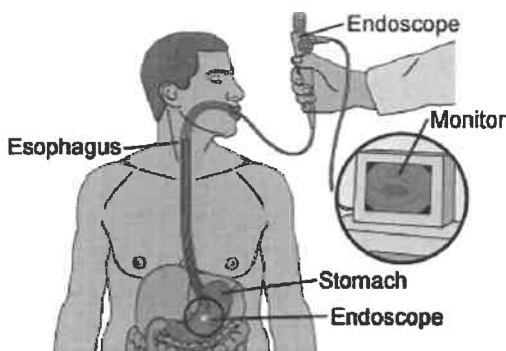
About this topic

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 care is needed at home?

- Ask your doctor what you need to do when you go home. Make sure you ask questions if you do not understand what the doctor says. This way you will know what you need to do.
- Your throat may feel sore. Your doctor may give you drugs to help with pain.
- Talk to your doctor about when it is safe for you to go back to eating your normal diet and taking your drugs. You can drink fluid once the numbing drugs in your throat wear off.

What follow-up care is needed?

- Your doctor may ask you to make visits to the office to check on your progress. Be sure to keep these visits.
- The results of this test may help your doctor understand what kind of problem you have with your upper GI tract. Together you can make a plan for more care.

What drugs may be needed?

The doctor may order drugs to:

- Help with pain
- Decrease the acid in your stomach

Will physical activity be limited?

You may need to limit your activity for the rest of the day. After that, you will likely be able to go back to your normal activities.

What changes to diet are needed?

Soft foods like pudding or soups may be easier to eat at first. Ask your doctor if you need to make any changes to your diet.

What problems could happen?

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

When do I need to call the doctor?

- Signs of infection. These include a fever of 100.4°F (38°C) or higher, chills.
- Very bad belly pain
- Throwing up blood
- Your belly is hard and swollen
- Trouble swallowing or breathing
- Upset stomach and throwing up
- Bloody or black tarry stools
- Cough, shortness of breath, or chest pain
- You are not feeling better in 2 to 3 days or you are feeling worse

Teach Back: Helping You Understand

The Teach Back Method helps you understand the information we are giving you. After you talk with the staff, tell them in your own words what you learned. This helps to make sure the staff has described each thing clearly. It also helps to explain things that may have been confusing. Before going home, make sure you are able to do these:

- I can tell you about my procedure.
- I can tell you what changes I need to make with my diet or drugs.
- I can tell you what I will do if I have very bad belly pain, throwing up blood, or my belly is hard and swollen.

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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