

UPPER G.I. ENDOSCOPY APPOINTMENT

(Please read this entire notice now)

You have been referred to the Gastroenterology Department for an **Upper Gastrointestinal Endoscopy**

What is an upper gastrointestinal endoscopy?

The procedure involves passing an endoscope (a thin flexible tube) through the mouth into the esophagus and then into the stomach and duodenum. The tube is equipped with a tiny video processor, which allows direct examination of the upper gastrointestinal tract (esophagus, stomach, and duodenum). A channel in the scope allows biopsies to be taken if needed. Following the examination, dilation may be performed to stretch any narrowing of the esophagus which may be causing difficulty with swallowing.

This procedure takes only a few minutes. It will be performed with sedation.

You must make arrangement for a responsible adult to meet you at the Gastroenterology Department and drive you after the procedure. You will receive a powerful sedative medication during the endoscopy which makes it unsafe for you to go home unaccompanied. Your procedure will be cancelled if you plan to drive, walk, or take a bus or taxi home. You may not drink alcohol, drive, operate machinery, play sports or sign legal papers for at least 12 hours after your endoscopy.

It is very important you follow these instructions before your endoscopy to make it as safe, comfortable and accurate as possible.

1. **If you take iron supplements** please stop taking these 7 days before your endoscopy.
2. **If you take anti-inflammatory medications** such as Aspirin, Advil, Ibuprofen, Aleve or Motrin, please stop these medications **5 days** before your procedure if you are having a stricture dilation.

3. **If you have diabetes**, ask your diabetic nurse, doctor, or nurse practitioner for instructions about how you should take your insulin or diabetes medications before your endoscopy.
4. **If you take warfarin (Coumadin)**, please call the Anti-coagulation Clinic at 1-866-454-4917 for instructions now.
5. **If you take medication for heart disease, high blood pressure or asthma**, please continue to take these medications as usual, including on the day of your endoscopy.
6. If you have an artificial heart valve or have been instructed to take antibiotics before dental work please discuss this with your doctor (Antibiotics are usually recommended only when esophageal dilation or treatment of varices is planned).

The preparation for your endoscopy is very important; please follow these instructions closely:

Do not eat any solid food after midnight. You may drink clear liquids until 3 hours before your procedure.

Clear liquids include: clear juices, carbonated beverages, tea or coffee without milk, and clear broth.

To follow is a copy of the consent form which further describes the upper G.I endoscopy, why it is done and what the risks are of the procedure. You will be asked to sign a copy of this form when you arrive for the procedure.

Please call (415) 444-2598 option 2 or (707) 765-3446 option 2, if you have any questions about this procedure, the preparation, or wish to cancel or reschedule this appointment. Please call at least 3 working days ahead if you need to cancel, so that we may give this appointment time to someone else.