



Upper Endoscopy Procedure – Hotel Dieu Hospital GENERAL SURGERY

Endoscopy appointments are extremely limited. If you are unable to keep your appointment, please contact the office of:

Dr. _____ Phone # _____ ext. _____

Patient Name: _____

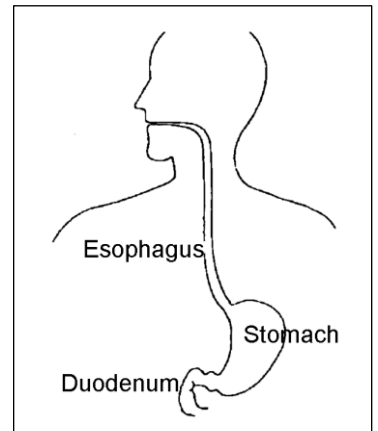
Date of Procedure: _____ Time: _____

Time to arrive at the Reception Desk on Jeanne Mance 4: _____

DIRECTIONS: Enter **Hotel Dieu Hospital** through the Brock Street entrance. Take the main elevators to the 4th floor. Follow the signs to the Jeanne Mance-4 reception area.

What is an Upper Endoscopy?

This is a visual examination of the esophagus, stomach and duodenum, done by inserting a flexible tube through the mouth into the esophagus. The tube allows the physician to examine the lining of the upper digestive tract.



Preparation for the Procedure:

- If you are taking blood thinners/anticoagulants (e.g. Coumadin, Plavix, Eliquis, etc), please call and notify your general surgeon's office at least one week before the procedure. Follow the recommendations provided by your surgeon regarding whether or not to continue taking these medications.
- You may continue to take ASA 81mg ("Baby Aspirin").
- **Your stomach must be empty for the procedure – you will have nothing to eat or drink (not even water) after midnight.**
- You will receive sedation before the procedure.

On the day of surgery:

- **If you normally take a prescribed medication for heart disease, high blood pressure or seizures, please take it before 7 a.m. with a sip of water.**
- Do not bring valuables or large sums of money with you. The hospital is not responsible for lost or stolen articles.

- Do not wear makeup or nail polish. You will be asked to remove contact lenses, dentures (a cup will be provided), watches, etc. It would be best if you could leave these items at home.
- Bring a pair of reading glasses with you (as applicable), since you will need to read and sign a consent form before the procedure can begin.

The Upper Endoscopy Procedure:

- You will have an intravenous (IV) started before your procedure.
- You will receive medication through the IV to help you relax, and it may make you drowsy. This examination will not be done with sedation unless you have arranged for an adult to drive you home and stay with you.
- A spray will be used to numb your throat and ease the passage of the tube. You will be able to breathe normally during the procedure.
- The tube will be inserted down your throat, and your stomach will be distended with air. You will be aware of fullness in the abdomen from the air that is inflated into your stomach through the instrument by your physician.

After The Procedure:

- You will probably feel sleepy for a while and will need to rest on your side until the effects of the medication have worn off.
- You may feel some fullness in your abdomen from the air that was used to inflate your stomach.
- You may feel some discomfort in your throat for a short while.
- Your blood pressure and pulse will be taken often.
- You will not be able to drive for 24 hours because of the effects of the sedation. An adult must accompany you home in a car or taxi, stay with you, and check on your condition frequently for at least 12 hours to help you if there are any post-procedure problems. They must pick you up in the Endoscopy Outpatient Reception on the 4th floor before 4:00pm. Rest at home and return to work the next day.

Complications:

Adverse effects and serious complications are very rare. However, any medical procedure carries some risks, which vary depending on your overall health. These could include:

- aspiration (inhaling into a lung) of stomach contents.
- perforation (puncture) of stomach or esophagus, which may have to be repaired by surgery. This complication is usually recognized immediately, but late recognition may lead to overwhelming infection.
- bleeding from a biopsy site or polyp removal, which only rarely may require transfusions or surgery.
- breathing difficulties or heart problems (if you already have heart disease) from the drugs used for sedation. In patients with severe heart disease, your heart will be checked constantly by a monitor machine.
- irritation of the vein used for administration of the medication - you may notice a tender lump which should disappear within a few days.