

GREATER BOSTON GASTROENTEROLOGY

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PREPARATION FOR ENDOSCOPY

You are scheduled for an **endoscopy** on: _____ at: _____.

Please check in at: _____.

- 1. You must have a family member or friend drive you home after the examination due to medications which are given to you during the procedure.**
- 2. You must have the remainder of the day off after your procedure, no working, no driving, and no plans. You will be recovering from the medications used during the procedure.**
- 3. Please bring with you to your procedure a list of all of your current medications.**
- 4. When this procedure was scheduled, the insurance on file for you was:**

If your insurance changes, you must notify the office at 508-620-9200 at least 14 days prior to your procedure. You will be responsible for any charges due to lack of correct insurance information.

PREPARATION FOR UPPER ENDOSCOPY

There are some very important facts that you need to be aware of:

1. Please inform us if you take insulin. Your dose will need to be altered.
2. If you take any pills for diabetes, do not take any of these on the evening before the procedure or the day of the procedure.
3. If you take Plavix you must discontinue it seven days prior to your procedure. If there is a concern regarding this, please discuss with your prescribing physician.
4. Please inform us if you take Coumadin or Warfarin. It will need to be discontinued five days before the procedure.
5. You should continue taking all other regular medications, even on the day of the examination.

PREPARATION:

1. If your procedure is **before noon**, you should have nothing by mouth (except medications with minimal water) from midnight on. If your procedure is **after noon**, you can take clear liquids up to four hours before the procedure, but no thick liquids or solid food after midnight.
2. The examination will take approximately thirty minutes, but may vary from patient to patient. After the examination is completed, you will spend approximately one hour in our recovery area. The total average time you will be at the hospital is 3 to 3 1/2 hours.
3. Please keep in mind that this is an estimated appointment time. Because the time involved in each procedure is often unpredictable, and procedures are scheduled to follow each other consecutively; there are occasions when the schedule runs behind. Your patience and understanding are appreciated.

DAY AFTER EXAMINATION:

You can expect to resume normal activities again unless otherwise indicated. After the procedure, you will be given instructions about diet and medications.

INFORMATION REGARDING AN UPPER ENDOSCOPY

What is an upper endoscopy?

An upper endoscopy is a procedure which allows the doctor to examine the inside of the esophagus, stomach, and small intestine. It can reveal details not seen on x-ray.

What is an endoscope?

The endoscope is a flexible instrument with an optical system which allows the doctor to “see around corners”. It has a “steering” mechanism by which the lenses can be pointed in any direction and “operating” channels through which biopsies can be taken and instruments passed, if necessary. A bright light illuminates the inside of the digestive tract after it has been inflated with air. Intestinal liquids can be removed through the instrument by suction, for better visualization.

How is the procedure performed?

The procedure is performed on an outpatient basis. You will be given intravenous medications (versed and fentanyl, or similar medicines) to make you sedated and comfortable. Prior to this, you will be given a gargle or spray to numb the throat.

You will be lying on your left side. If an abnormality is seen or suspected, a small portion of tissue (biopsy) may be removed for microscopic study. Small growths can frequently be removed (polypectomy) and vascular abnormalities can often be destroyed with an electrical current (electrocoagulation). The visual appearance of pertinent areas may be recorded on photographic film.

Can there be complications?

The risk of upper endoscopy complications is extremely small. Nevertheless, there is a possibility of perforation or hemorrhage or adverse reaction to medications. Also, as with any procedure, other unforeseen complications may rarely occur.

We hope this helps you understand better the procedure you are scheduled to have. If you have any further questions, please feel free to call us.

What is considered a CLEAR LIQUID?

The following items are those that may be used in a **CLEAR LIQUID** diet:

Broth, Bouillon, Ginger ale, Sprite, 7-up, Apple juice, White grape juice, Water, Popsicles, Jell-O (no red or purple colored, no fruit or cream added) Black coffee or tea (may have sugar but no milk or cream)