

## Going home after your Upper GI Endoscopy

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**Date** \_\_\_\_\_

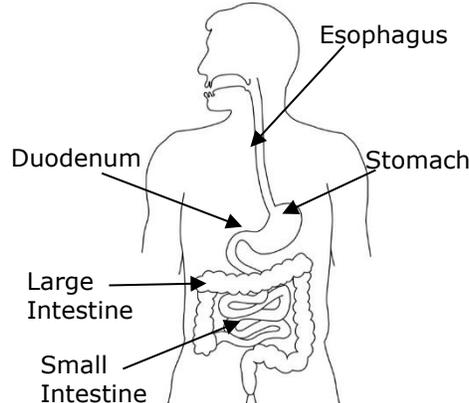
Today you have had an endoscopy at \_\_\_\_\_

by Dr. \_\_\_\_\_, assisted by \_\_\_\_\_.

You were referred by Dr. \_\_\_\_\_

### Findings

- Normal
- Polyp
- Ulcer (stomach or duodenum)
- Esophagitis (inflammation of the esophagus)
- Gastritis (inflammation of the stomach)
- Duodenitis (inflammation of the duodenum)
- Other \_\_\_\_\_



### Interventions Performed

- Biopsy
- Polyp Removal
- Stricture Dilatation
- Banding of Varices
- Argon Coagulation (APC)
- BoTox Injection
- None
- Other \_\_\_\_\_

Your family doctor should receive reports within 2 to 4 weeks.

### Sedation

If you were given sedation, over the next 24 hours **DO NOT**:

- drive, ride on a motorcycle or operate machinery
- drink any alcohol or take sedatives (such as sleeping pills or anti-anxiety medications)
- make major or legal decisions
- do any heavy lifting or strenuous exercise

Even though you may feel awake and alert, sedation impairs your judgement and ability.

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## Things to know

- You may have bloating or abdominal cramping due to the air that was put into your stomach during the test. As you pass the gas, the abdominal discomfort gradually goes away. Walking and moving helps to pass gas.
- If your throat was frozen with a local anaesthetic, your gag reflex will be reduced. This makes it hard to swallow and to tell hot from cold. Do NOT eat or drink until\_\_\_\_\_. Before you start to eat or drink, try a few sips of water at room temperature.
- You may have a sore throat or hoarse voice. This is normal. Once you are able to swallow, lozenges or warm water gargles may be helpful.
- Discomfort and/or tenderness at the intravenous (IV) site is common. Use a warm compress to help.

## What to watch for

Call \_\_\_\_\_ or go to the Emergency Department if you have:

- a hard time breathing or swallowing
- severe abdominal pain that does not go away or gets worse
- fever or chills
- swelling in your face, neck, throat or chest
- black stools that look like tar
- blood in your vomit

## Medications

- No changes
- Start \_\_\_\_\_
- Restart your blood thinner

Repeat endoscopy (to be arranged by) \_\_\_\_\_

Follow-up with \_\_\_\_\_

Additional tests or referrals \_\_\_\_\_

Special instructions \_\_\_\_\_

\_\_\_\_\_