

Upper Endoscopy for Pediatrics

Your endoscopy is on _____ (date).

Come to McMaster Children's Hospital and **check in at the Patient Registration** on the 2nd floor between the café and the yellow elevators at _____ (time).

If you need to change or cancel your appointment:

- call the 3E Clinic at 905-521-2100, ext 75013

If you have questions or concerns about the endoscopy,

- call the pediatric GI nurse at 905-521-2100, ext. 73616 or 73072

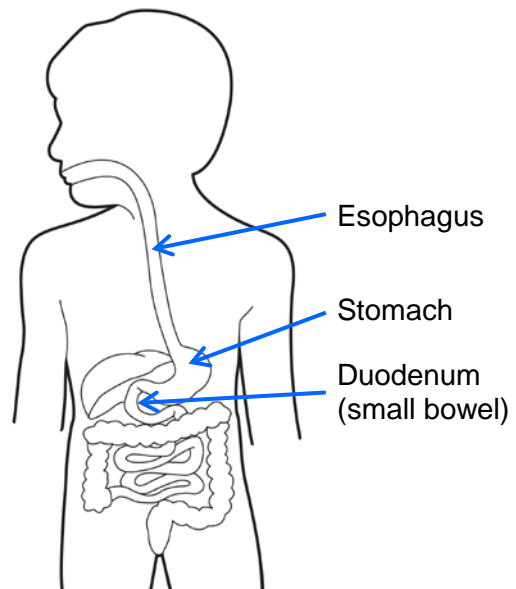
What is an upper endoscopy?

An upper endoscopy is a procedure to look inside your:

- esophagus (food tube)
- stomach
- duodenum (top of the small bowel)

The doctor uses a long, thin, flexible tube with a camera and a light at the end. This is called an endoscope. The tube is put into your mouth and gently guided down your throat and esophagus into the stomach.

The doctor can also use the tube to take tiny pinches of the lining of the stomach for tests. This is called a biopsy.



How long does an upper endoscopy take?

- An upper endoscopy takes about 15 minutes.
- You may need to stay up to 1 hour after it is over.
- Plan to be at the hospital about 1 to 3 hours from start to finish.

What should I do before coming to the hospital?

Pre-operative visit

Located at 690 Main Street West Hamilton, ON (Urgent Care Centre)

- You will have a “Pre-op” appointment, weeks before your endoscopy. This appointment is necessary to help you and the team prepare for your endoscopy.
- At this visit, the anesthesia team will get to know you and your health history. You will discuss how you will be given sleep medicine on the day of your procedure. Usually, this involves the use of an intravenous line (IV).
- You will also be given instructions for taking your usual medications.
- For more information online including preparation videos about having a endoscopy please visit the following link www.gikids.org or www.moviegi.com

To prepare for an intravenous line, you may find it helpful to make a plan. Here are some ideas:

- Understand the steps involved.
- Would you like to watch or look away?
- Would you like to count to three before inserting the needle or not count?
- Would you like to lay down or sit?
- Would you like to hold a hand or participate in a distraction activity?
- Would a “numbing cream” (topical anesthetic) be helpful for the needle? If so, please let your team know when you arrive.

Ask to speak with a Child Life Specialist in your referral clinic for more information that will help you before and during the procedure.

Where do I go for my endoscopy?

Your endoscopy will be done at the McMaster Children's Hospital at Hamilton Health Sciences.

- **Check in at the Patient Registration** on the 2nd floor between the café and the yellow elevators.
- Go to **4X Endoscopy Unit** on the 4th floor, behind the yellow elevators.

What should I bring to the hospital:

- Bring a list of your medications to the hospital.
- Please bring something to do while you are waiting for your procedure, and something to have with you as you fall asleep (such as a blanket or stuffed animal).
- If you have diabetes you will need to have your blood sugar checked. If you have a glucometer, please bring it with you to the hospital. You may also want to bring your insulin pen.



The team caring for you includes:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Nurses • Gastroenterologist • Anesthesiologist and Anesthesia Assistant | <ul style="list-style-type: none"> • Child Life Specialist • Volunteers • Health professionals in training and other learners. |
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What happens on the day of your endoscopy?

- When you arrive, a Nurse and a Child Life Specialist will help you get ready for your procedure, following the plan made at your pre-op visit.
- You will change into a hospital gown for the procedure.
- The nurse will put an intravenous line (IV) into your arm or hand. The IV is used to give you fluids and medication.
- When it is time for your procedure, you will go to the procedure room with your parent or guardian and the Child Life Specialist. The procedure room has a bed on wheels with other machines around it. Each machine has a special job to keep you safe during the procedure.
- You will be asked to lay on the bed and your parent/ guardian will be able to stand right beside you.

please turn over →

The Anesthesia Assistant will place:

- a blood pressure cuff on your arm, to check your blood pressure
- stickers on your chest to check your heart rate
- a small sticker with a red light on your finger (called an oximeter) to show how much oxygen is in your blood
- a thin, flexible tube just inside your nose to give you air and oxygen
- When it is time, the Anesthesiologist will put the sleep medication in your IV. This will make you feel tired. It is okay to close your eyes, count or do an activity with the Child Life Specialist.

Remember!

The sleep medication will help you fall fast asleep. You will not feel, see or hear anything during the procedure.

- When the procedure is finished you will wake up in another room and the nurse will get your parents to come and be with you.
- When the nurse feels you are ready, you will be able to go home.

What happens after the endoscopy?

- You will be given an information sheet called "[Going home after your endoscopy](#)". This tells you how to care for yourself at home.
- The sleep medication (anesthetic) may make you feel sleepy. This is normal. For the rest of the day, stay home from school or work.



For 24 hours after your endoscopy:

- avoid all activities that require balance or coordination
- do not drive a vehicle
- do not drink any alcohol

**If you have any questions after the procedure,
please call the nurse or doctor from your referral clinic.**