



An endoscopy is a procedure which involves using a long, flexible tube called an endoscope. The tube has a tiny video camera and light at the end. The doctor uses the tube to see inside the upper digestive system: esophagus, stomach and small bowel.

About Upper GI Endoscopy

This procedure can be helpful to figure out various problems such as swallowing difficulties, pain and bleeding.

Tiny instruments can be passed through the tube and used to take samples within the colon, treat bleeding or do other treatments.

Possible complications

Upper GI endoscopy is a safe procedure. Possible complications include:

- perforation or injury of the stomach or small bowel wall that may need surgery to fix
- heart and breathing problems
- bleeding

These problems are unlikely and their chance of occurring depends on other medical conditions and what is done during the procedure.

When you arrive at the hospital

- Be sure to discuss any questions or concerns with your doctor before the procedure.
- Tell your medical team your health history, as some conditions need special attention, before, during and after an upper GI Endoscopy.
- You will need to sign a consent form that states you understand what this procedure involves.

Before your procedure

Do not eat anything after midnight before your endoscopy. This includes candies and gum.

You may drink clear fluids up to 4 hours before your endoscopy.

Clear fluids include water, pop, apple juice, ginger ale, black coffee or tea. Do not drink orange juice or milk.

Medications

Take your usual medications on the day of the test with sips of water. Your doctor may not want you to take blood thinners or diabetes medications, and will discuss this with you.

Bring to the hospital

- Bring a list of your medications and allergies.
- If you have diabetes, check your blood sugar as usual. Bring the results to the hospital.

Special instructions

During your procedure

The procedure takes about 5 to 15 minutes. An intravenous line (IV) will be placed to give medication to make you drowsy and more comfortable. You will be awake and cooperative.

Your throat will be sprayed with a numbing agent. A supportive mouthpiece will keep your mouth open.

A nurse will be in the room and your blood pressure, heart rate and oxygen will be watched.

When the tube is in place, air is put through it. So the doctor sees better. This will not affect your breathing and you should feel no discomfort.

The doctor will look for any problems that may need follow-up or treatment. Sometimes a sample of tissue, called a biopsy, is taken to be examined under a microscope. Taking a sample does not hurt. Other times, the endoscope is used to control bleeding.

After the procedure

You will stay in the recovery area until you are awake and ready to go home. You will be given instructions on how to care for yourself when you get home.

Rest for the remainder of the day. You may have minor problems such as a sore throat, bloating or cramping, but should go away within 24 hours.

Arrange a ride home

Plan to be at the hospital for about 1 to 3 hours.

To go home safely after sedation, an adult must pick you up in the Endoscopy Room and take you home.”

You must have an adult accompany you home even if you take a taxi or bus.

For 24 hours after your procedure you cannot:

- drive a vehicle
- ride on a motorcycle
- operate machinery
- drink any alcohol

Patient Education

Patient Education videos are available from the Canadian Association of Gastroenterology.

www.cag-acg.org/posters-related-tools/110

For more information about digestive health and tests:

www.gastro.org/patient-center

Where to go for your procedure

Date _____.

Come to the hospital at _____.

Hamilton General Hospital

Check in at Patient Registration on the Main Level.

Then go to Endoscopy on the Main Level.

Phone 905-521-2100, ext. 44932

Juravinski Hospital

Check in at Patient Registration on the main floor.

Then go to Section B, Level 3, Endoscopy Department.

Phone 905-521-2100, ext. 42334

McMaster University Medical Centre

Check in at Patient Registration on the main floor. Then take the yellow elevators to the 4th floor. Turn left and follow the hallway to the 4X area on the left. Follow the signs to Endoscopy, and check in at the reception desk.

Phone 905-521 2100, ext. 76924