



KAISER PERMANENTE

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INSTRUCTIONS FOR ESOPHAGOGASTRODUODENOSCOPY (ENDOSCOPY)

Your appointment is with Dr. _____ on _____ at _____
We are located in the Out Patient Procedure Center, **Dept 240** on the 2nd Floor in the **GREEN AREA** of the new medical office bldg. Please arrive **60 minutes** prior to your appointment and register here.

ONLY IF YOU ARE CURRENTLY TAKING COUMADIN YOU'LL NEED TO STOP 5 DAYS PRIOR TO EXAM. If you have any questions call (408) 851-3939

This procedure is scheduled for 2-3 hours. You will be given a sedative (versed) and a pain relief (fentanyl) by intravenous (I.V.) injection. Therefore, after the procedure you will be drowsy, and will need a driver to take you home. Your driver must be present at the start of your procedure. There will be NO EXCEPTIONS and we thank you in advance.

Seven (7) days before your appointment you should not take any baby aspirin or nonsteroidal anti-inflammatory drugs (such as Motrin, Advil, Aleve, Naprosyn, Nuprin, Plavix, etc). Tylenol/ acetaminophen is O.K. ALL PATIENTS ON BLOOD PRESSURE MEDICATIONS SHOULD CONTINUE TAKING THEM.

Call your doctor if you have any questions about other medications including blood pressure, Coumadin (warfarin), insulin or diuretics/water pills.

**Diabetics should reduce their insulin as instructed by their doctor.

**Please bring a list of medications that you are currently on.

DO NOT EAT OR DRINK ANYTHING (INCLUDING WATER) 6 HOURS BEFORE YOUR APPOINTMENT. You may start eating after the procedure is over. It is recommended that you start with a light meal (soup, broth, cereal, etc.) and gradually return to your regular diet.

If you have any questions, need to cancel or reschedule your appointment, please call (408) 851-2760. Office hours are from 9 a.m. to 5 p.m. **If you can't keep your appointment, please call no later than 4 days prior to your exam so that we may offer your time to other patients that are on our waiting list.**

UPPER GASTROINTESTINAL ENDOSCOPY INFORMATION SHEET

In order to get a more definitive diagnosis of your problem and to aid in treatment, an upper gastrointestinal endoscopy has been ordered. This procedure involves placing a tube in your mouth and evaluating the upper part of your gastrointestinal tract (stomach and small intestines). In addition, if an area looks abnormal, a small piece of tissue can be taken (biopsy) for examination under the microscope.

To keep you relaxed during the procedure, an injection is usually given before the procedure to make you drowsy. You will also be asked to suck on a pill, which numbs the back of your throat so that it will be easier for you to swallow the tube. In order for the doctor to get a good look without his/her view being obstructed by food, do not eat or drink anything (including water) 6 hours before the procedure. Because of the medication you will feel sleepy after the procedure, so you should bring someone with you who can take you home. Usually the procedure, including the giving of the relaxing medicine, takes less than one hour.

Although, this procedure is usually safe and performed without difficulty, like any procedure there are potential complications that may occur. These are rare but you should be aware of them.

These include:

1. Making a hole in the lining of the esophagus, stomach or small intestine.
2. Making a tear in the throat when the instrument is being swallowed.
3. Bleeding either as a result of the instrument injuring an area or from the biopsy site.
4. Pneumonia because of stomach contents coming up and getting into the air passages and lung during the procedure.
5. Inflammation of the veins through which the relaxing medicine is given.
6. The most severe complications are heart and breathing problems, but these are very rare. These are the main causes of death from the procedure and are extremely uncommon.
7. Dental damage is one of the possible risks of endoscopy. In order to minimize this risk, please inform us about any dental problems you may be experiencing.

At a very small, risk upper gastrointestinal endoscopy provides much valuable information, which may be helpful in your treatment. If you have further questions about the procedure, one of the doctors will be happy to answer them.