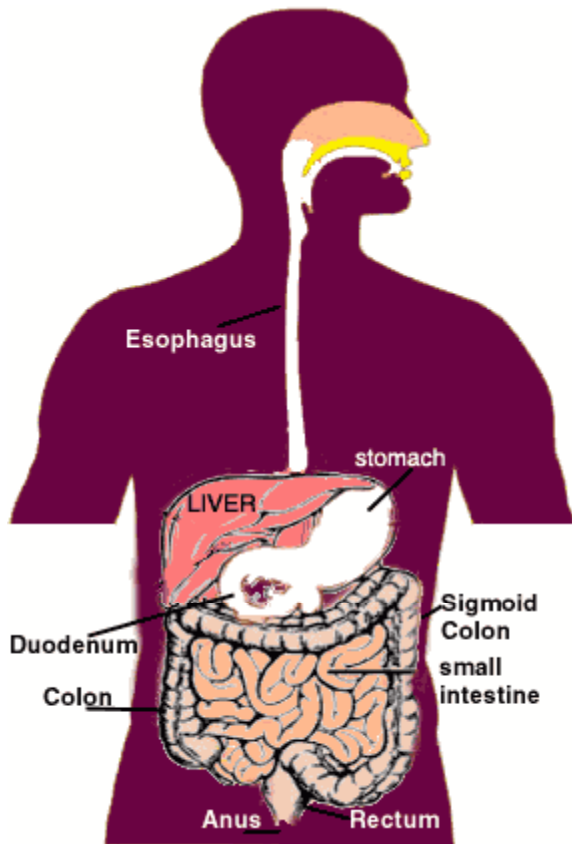




Upper endoscopy enables the physician to look inside the esophagus, stomach, and duodenum (first part of the small intestine). The procedure might be used to discover the reason for swallowing difficulties, nausea, vomiting, reflux, bleeding, indigestion, abdominal pain, or chest pain. Upper endoscopy is also called EGD, which stands for esophagogastroduodenoscopy (eh-SAH-fuh-goh-GAS-troh-doo-AH-duh-NAH-skuh-pee).



For the procedure you will swallow a narrow, flexible, lighted tube called an endoscope (EN-doh-skope). Right before the procedure the physician may spray your throat with a numbing agent that may help prevent gagging or more likely, you will receive pain medicine and a sedative to help you relax during the exam. The endoscope transmits an image of the inside of the esophagus, stomach, and duodenum, so the physician can carefully examine the lining of these organs. The physician places air in the stomach through the scope; this opens the folds of stomach and makes it easier for the physician to examine the stomach lining.

The physician can see abnormalities, like ulcers, through the endoscope that don't show up well on x-rays. The physician can also insert instruments into the scope to remove samples of tissue (biopsy) for further tests.

Possible complications of upper endoscopy include bleeding and puncture of the stomach lining. However, such complications are rare. Most people will probably have nothing more than a mild sore throat after the procedure.

Although the examination will take approximately 30 minutes, plan on being with us about 1 ½ - 2 hours.

3 days before the exam If you have required antibiotics before dental work or other medical procedures, have a history of heart infection, or have an artificial heart valve, please call our office at (480) 563-5757. If you have diabetes and are taking insulin, consult your diabetes physician for the correct dosage to take on the day of your exam.

#### Preparation

Your stomach and duodenum must be empty for the procedure to be thorough and safe, so you will not be able to eat or drink anything for at least 6 hours beforehand. Also, you must arrange for someone to take you home--you will not be allowed to drive because of the sedatives. Please refer to your instructions that pertain to your scheduled examination. Preparation instructions

differ based on the time of day your exam is scheduled.

#### ON THE DAY OF YOUR EXAM:

Follow food and medication instructions that were given to you by our office. Have transportation arranged to take you home after your examination. Follow preparation instructions given to you for your scheduled exam.

It is important to bring with you the following items:

- Medication List
- Allergy List
- Medical problems and surgery list
- Insurance Information

When you arrive please check in with the receptionist. A nurse will discuss with you your medical history. Please let the nurse know if you are allergic to any medicines. The nurse will take your temperature, pulse and blood pressure, and will place a small intravenous (IV) catheter in your arm vein for sedative medications to be given. You will be asked to sign a consent form authorizing the physician to perform the procedure.

#### Examination and BEFORE YOU GO HOME

You will be observed closely by the nurses until you are awake. Many people do not recall any of the procedure because of the effect of the sedative medication. The doctor will speak with you before you leave. When the nursing staff assesses that you are ready to leave, you will be given final instructions. When you leave, you must leave with your transportation person.

#### After your examination AT HOME

After you leave the outpatient center or hospital DO NOT DRIVE or operate mechanical equipment until the next day. Do not drink alcohol for 24 hours. You may eat and resume your normal activities, as you feel able, unless otherwise instructed.

#### RESULTS

Preliminary findings will be discussed with you after you awake. A full report will be sent to your personal physician. Biopsy results are usually available in 7-10 working days. At discharge you will be told how you will receive your results. Your personal physician will receive a report from the laboratory.