

The Digestive Health Center

General Information

Upper Endoscopy

Welcome to the Endoscopy Suite of the Digestive Health Center. The information here is designed to give you an overview of what you will experience as you prepare for and have your upper endoscopy procedure. This is an important procedure because it can detect ulcers, cancers, and other lesions of the esophagus, stomach, and duodenum. Please read this material carefully.

What is Upper Endoscopy? Upper endoscopy is the procedure for examining the lining surface of the esophagus, stomach, and duodenum. Your doctor will maneuver a special flexible instrument called an endoscope through these areas. Your doctor may remove tissue samples if needed during the upper endoscopy procedure.

Getting Ready...

1. If you are taking Plavix, Coumadin, or any other blood thinning medications, you should discuss with your doctor whether or not you should stop your medication for 7 days prior to your upper endoscopy. If your specific medical condition allows, upper endoscopy is safest if performed off these medications. Continue to take daily Aspirin if recommended by your doctor.
2. Please bring a list of your medications when you come for your upper endoscopy procedure.
3. Please bring your insurance information with you to your upper endoscopy procedure.
4. If your upper endoscopy is scheduled between **7:30 AM and Noon**, you should have nothing to eat or drink after midnight the night before. You may brush your teeth in the morning. If your upper endoscopy is scheduled between **Noon and 4:00 PM**, you may have a clear liquid breakfast in the morning **before 9:00 AM**. Clear liquid diet includes any liquids such as water, coffee, tea, sodas, Gatorade, broths, Jell-O, and popsicles.
5. You will need a driver for this procedure because you will be given a medication to make you sleepy during your procedure. The driver needs to stay at the hospital during your procedure time. **We will not be able to do your procedure unless you have someone with you to drive you home.** You will not be able to work or drive the day of your procedure.
6. Take your blood pressure medications with a small amount of water in the morning as usual. Insulin or other diabetes medications should be adjusted on the day of your upper endoscopy. Call your doctor or ask our Endoscopy Nurse (336-716-8204) if you have questions.
7. The Digestive Health Center is located on the Ground floor (**G**), South Building. (See the map which is enclosed.) When you come from the visitor parking lot (orange) level, please walk through the glass breezeway. At the end of the hallway you need to turn right and walk about 150 feet into the hallway. You will see the Digestive Health Center signs. Turn left into the hallway and walk about 50 feet and enter the lobby of the Digestive Health Center. (You may also use the Patient Drop-off area on the Main level as shown on the map. Ask the attendant at the Drop-off area to direct you to the Ground Floor and the Digestive Health Center.)
8. **IF YOU WILL BE UNABLE TO KEEP YOUR ASSIGNED UPPER ENDOSCOPY PROCEDURE TIME, PLEASE CALL US AT LEAST 7 DAYS BEFORE YOUR DATE AT (336) 716-3636, SO THAT WE CAN MAKE YOUR PROCEDURE TIME AVAILABLE TO ANOTHER PATIENT.**

In the Endoscopy Suite...

1. In a private preparation and recovery room, an IV will be started in a vein in your arm.
2. You will sign a consent form for upper endoscopy.
3. You will receive medicine in the IV to help you relax during your procedure. Some patients will be drowsy or sleepy. Some patients do not remember the procedure.
4. You will lie on your left side with your knees gently flexed during the upper endoscopy.
5. The procedure time for upper endoscopy ranges from 15-30 minutes.
6. After the upper endoscopy is completed, you will be monitored in the preparation-recovery room. We require that you stay at least 30 minutes after your procedure. When you are alert and awake and all of your vital signs are normal, you will be able to leave with your driver.
7. Your doctor may talk with you and a family member after your procedure or at a later visit in the clinic. Because of the medication, you may not remember everything that is said. Feel free to call your doctor to discuss the results again.

After your Upper Endoscopy...

1. Sensations of stomach bloating, fullness or discomfort are common. This happens because of the air that was used during your test. You will feel better after you pass gas or burp.
2. Resume your normal diet and medicines as directed by your doctor.
3. Resume your normal routines the day after your upper endoscopy unless you receive other instructions from your doctor.

Signs and Symptoms to Report

CALL YOUR DOCTOR IF YOU HAVE:

- *Fever of 101 degrees F. or greater
- *Severe stomach pain
- *Any concerns about how you feel

PHONE NUMBERS

For any questions, call the Endoscopy Nurse at (336) 716-8204 from, 8:00am to 5:00 pm
Monday-Friday.

For emergencies after 5:00 PM or on weekends, please call (336) 716-2011 and ask for the doctor on call for
Gastroenterology.

If you have any questions about your prep instructions, please call the Digestive Health Center Endoscopy Nurse at (336) 716-8204 to answer those questions.

If there is anything we can do to make your visit more pleasant, please let us know! WE ARE HERE TO HELP. Thank you for choosing the Digestive Health Center for your care.

	The Digestive Health Center	
	The Endoscopy Suite	
	Wake Forest University Medical Center	
Kenneth L. Koch, MD	Girish Mishra, MD	Tracy Eller, RN, MSN
Director	Director	Nurse Manager