



Name: _____

ENDOSCOPY/GASTROSCOPY

The following information is a brief description about Endoscopy/Gastroscopy. If you have any questions after reading this information, please speak with your nurse.

WHAT IS AN ENDOSCOPY/GASTROSCOPY?

- ❖ Test done to examine the lining of the upper part of the gastrointestinal (GI) tract. This includes the esophagus, stomach and duodenum.
- ❖ A lighted flexible tube (endoscope) is inserted into your mouth and advanced into the esophagus, stomach and duodenum. Your doctor will be able to look directly at these organs.
- ❖ Biopsy samples (removal of a small piece of tissue for examination) can be removed through the endoscope.

WHY IS IT DONE?

- ❖ May be done to evaluate symptoms such as bleeding, pain or burning.
- ❖ May help your doctor diagnose ulcers, tumors, inflammation or structures (narrowing).
- ❖ Foreign bodies can sometimes be removed.

WHERE IS THE PROCEDURE DONE?

- ❖ Endoscopy Unit, 2nd Floor, Tisch Hospital.

HOW LONG DOES IT TAKE?

- ❖ Usually 20-40 minutes. This does not include time needed to get to and from the unit or time needed to set up equipment.



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WHAT PREPARATION IS NEEDED?

- ❖ Blood work, urinalysis, chest x-ray and EKG may be done before the procedure.
- ❖ You will have a medical history and an assessment done and discuss the procedure with a doctor before signing a consent form giving permission for the test.
- ❖ Be sure to tell your doctor if you are taking sucralfate (Carafate) or antacids. Your doctor may prescribe that these medications be discontinued for 24 hours prior to the endoscopy.

DAY OF PROCEDURE:

- ❖ Do not eat or drink from midnight before the test.
- ❖ Your nurse will give you prescribed medications which you can take with a sip of water.
- ❖ When called for the test, change into hospital pajamas, urinate to empty your bladder and leave dentures, eyeglasses and valuables with your nurse who will lock them in a secure place.
- ❖ An intravenous (IV) may be started for fluids or medications.
- ❖ Escort Service will take you by stretcher to the Endoscopy Suite where the procedure is done.

WHAT HAPPENS DURING THE PROCEDURE?



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- ❖ You will be asked to gargle with Xylocaine mouthwash to numb your throat.
- ❖ You will be asked to lie on your left side and be given medication, generally meperidine (Demerol) and diazepam (Valium) intravenously to make you feel relaxed. Tell your doctor if you are allergic to either of these medications or are taking anti-depressants.
- ❖ The doctor will insert the endoscope through your mouth.
- ❖ While the endoscope is in place, you will be able to breathe without difficulty through both your mouth and nose.
- ❖ A biopsy which is painless may be done at this time.

WHAT YOU MAY FEEL?

- ❖ You will feel fullness in your abdomen due to the air that has been inserted during the procedure. After the procedure you may belch to relieve any discomfort.

WHAT HAPPENS AFTER THE PROCEDURE?

- ❖ The Endoscopy Room nurse will check your vital signs including your pulse and blood pressure.
- ❖ You will be returned on the stretcher to your room where you will be closely observed by your nurse. Vital signs (pulse, blood pressure and temperature) will be checked. IV fluids may also be given.
- ❖ Your swallowing reflex will be checked. Once you can swallow (usually 2-4 hours) you will be allowed to eat and drink.
- ❖ **Report any bleeding such as vomiting bright red or coffee ground colored material, or passing blood or black tarry stools to the nurse immediately.**

WHEN DO I GET THE RESULTS?



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- ❖ Your nurse will give you instructions regarding diet and activity for the rest of the day.

SPECIAL INSTRUCTIONS OR QUESTIONS

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