

Patient Information Sheet for Upper Endoscopy

I have discussed with you the need for an upper endoscopy. In order to make this test as successful as possible, it is important that your stomach be completely empty. By following these simple instructions, you can ensure the success of the examination.

1. **Do not eat** anything solid for at least **8-10 hours** prior to your examination, preferably from **midnight** before the examination.
2. You may have **clear liquids** up until **four hours** prior to your examination. This includes clear broth, sports drinks (such as Gatorade), tea, coffee (**without milk**), plain jello, hard candy, clear fruit juices, Popsicles, ices, and water. **You should not eat any solid foods, milk, or milk products. You must have nothing by mouth 4 hours prior to exam.**
3. **Do not take** any antacids for at least **six hours** prior to the examination.
4. All other medications (except those listed below) may be taken with small sips of clear liquids.
5. If you take insulin ask your primary physician or endocrinologist how they would like you to adjust your dose.
6. If you use other diabetic medications, do not take them until after the examination, when you start eating.
7. **Do not use** any aspirin, aspirin containing products, or other anti-inflammatory drugs (such as **ibuprofen, Naprosyn, or Aleve**) for **five days** prior to the examination.
8. If you use **Coumadin**, **do not take** it for **three nights** prior to the examination.
9. Let us know if you are **allergic** to any medications or if you've had any reactions to **Demerol (mederidine), Valium (diazepam), or Versed (midazolam)**.
10. Let us know if you've had a **heart valve replacement** or a history of **endocarditis**. If these conditions are present, you may need to be given **antibiotics** prior to the examination.
11. A companion **must** be able to escort you home from the examination, as you will be given some medication, which will make you drowsy and slow your reflexes for several hours. **You will not be allowed to drive yourself home.**
12. Report as instructed for the examination.

The following points may also be helpful:

1. You may feel bloated after the procedure because of the air used during the examination. Burping, walking, lying on your left side, or passing flatus, should help.
2. Your throat may feel a little sore after the procedure, but this usually passes within a short time. You may gargle with dilute salt water or use a mouthwash such as Chloraseptic.
3. The medication used for sedation, often causes amnesia for the period of the procedure and for a short time thereafter. You may, therefore, not remember the details of what happened or what the doctor explained to you afterwards. If this is the case, please contact our office to review the findings of your procedure. If a **biopsy** was taken, these results are usually ready in **10-14** days.
4. If you should have any other questions, please **do not** hesitate to contact the office at **301-251-9555**.