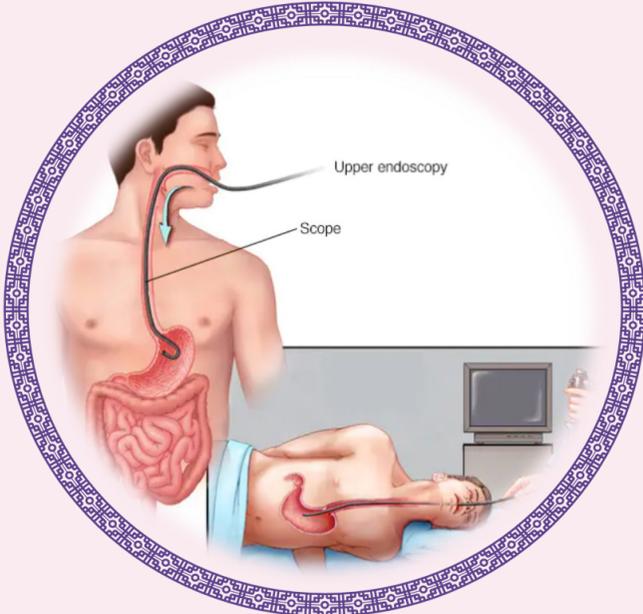




Bohlool Hospital

## Upper Endoscopy



Department Of Endoscopy

Health Education Unit

### Symptoms that could mean a complication

Symptoms to watch for after your endoscopy include:

- Fever
- Chest pain
- Shortness of breath
- Bloody, black or very dark colored stool
- Difficulty swallowing
- Severe or persistent abdominal pain
- Vomiting, especially if your vomit is bloody or looks like coffee grounds

Call your provider immediately or go to an emergency room if you experience any of these symptoms.

**follow up:** The pathology answer should be followed up after 10 to 14 days

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**As the endoscope travels down your esophagus:** A tiny camera at the tip transmits images to a video monitor in the exam room. Your provider watches this monitor to look for anything out of the ordinary in your upper digestive tract. If something unusual is found in your digestive tract, images can be taken for later examination.

Gentle air pressure may be fed into your esophagus to inflate your digestive tract. This allows the endoscope to move freely. And it allows the folds of your digestive tract to be examined more easily. You may feel pressure or fullness from the added air.

Your provider will pass special surgical tools through the endoscope to collect a tissue sample or remove a polyp. An Endoscopy typically takes 15 to 30 minutes.

### After the endoscopy

You'll be taken to a recovery area to sit or lie quietly after your endoscopy. You may stay for an hour or so. During this time, your health care team can monitor you as the sedative begins to wear off.

Once you're at home, you may experience some mildly uncomfortable symptoms after endoscopy, such as:

- Bloating and gas
- Cramping
- Sore throat

**These signs and symptoms will improve .**

- **Stop taking certain medications.**

You'll need to stop taking certain blood-thinning medications in the days before your endoscopy, if possible.

If you have ongoing conditions, such as diabetes, heart disease or high blood pressure, your provider will give you specific instructions regarding your medications.

## During an endoscopy

During an upper endoscopy procedure, you'll be asked to lie down on a table on your back or on your side.

### As the procedure gets underway:

Monitors often are attached to your body. This allows your health care team to monitor your breathing, blood pressure and heart rate.

You may receive a sedative medication. This medication, given through a vein in your forearm, helps you relax during the endoscopy.

An anesthetic may be used in your mouth. An anesthetic spray numbs your throat in preparation for insertion of the long, flexible tube (endoscope). You may be asked to wear a plastic mouth guard to hold your mouth open.

Then the endoscope is inserted in your mouth. Your provider may ask you to swallow as the scope passes down your throat. You may feel some pressure in your throat, but you shouldn't feel pain. You can't talk after the endoscope passes down your throat, though you can make noises. The endoscope doesn't interfere with your breathing.

## 2-Infection.

Most endoscopies consist of an examination and biopsy, and risk of infection is low. The risk of infection increases when additional procedures are performed as part of your endoscopy. Most infections are minor and can be treated with antibiotics.

## 3-Tearing of the gastrointestinal tract.

The risk of this complication is very low — it occurs in an estimated 1 of every 2,500 to 11,000 diagnostic upper endoscopies. The risk increases if additional procedures, such as dilation to widen your esophagus, are performed.

## 4-A reaction to sedation or anesthesia

There is a risk of a reaction to sedation or anesthesia, but the risk is low.

## How you prepare

Your provider will give you specific instructions to prepare for your endoscopy. You may be asked to:

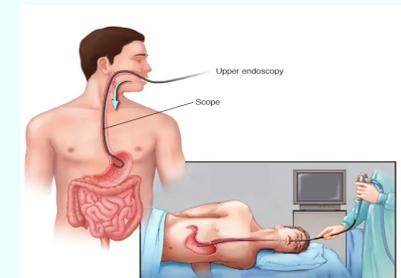
- **Fast before the endoscopy.** You'll typically need to stop eating solid food for eight hours and stop drinking liquids for four hours before your endoscopy. This is to ensure your stomach is empty for the procedure.

## Upper Endoscopy

An upper endoscopy, also called an upper gastrointestinal endoscopy, is a procedure used to visually examine your upper digestive system. This is done with the help of a tiny camera on the end of a long, flexible tube.

A specialist in diseases of the digestive system (gastroenterologist) uses an endoscopy to diagnose and sometimes treat conditions that affect the upper part of the digestive system.

The medical term for an upper endoscopy is esophagogastroduodenoscopy. You may have an upper endoscopy done in your health care provider's office, an outpatient surgery center or a hospital.



### Risks

**An endoscopy is a very safe procedure. Rare complications include:**

#### 1-Bleeding.

Your risk of bleeding complications after an endoscopy is increased if the procedure involves removing a piece of tissue for biopsy or treating a digestive system problem.