

# Upper Endoscopy Procedure

## PREPARING FOR YOUR PROCEDURE:

You will be called 2-3 days before your scheduled procedure with an arrival time and instructions.

Your preoperative exam must be completed within 30 days of your procedure.

**One week before your procedure:** Stop taking any multivitamins, oil capsules, fish oil, medicines with iron, or over-the-counter blood thinning pain relievers such as aspirin, excedrin, ibuprofen (advil), and naproxen (aleve). Unless otherwise instructed by your provider. You may continue to take Acetaminophen (tylenol).

GLP-1 Agonists and Blood Thinners: Discuss holding recommendations with your provider at your preoperative appointment.

Diabetes: Your primary care provider will instruct you on medicines or insulin.

The General Surgery Coordinator will review medications and let you know which ones are okay to take before your upper endoscopy. Medications taken morning of procedure should be taken with a small sip of water.

You must have a driver or someone to accompany you on public transportation, as you will not be able to drive the rest of the day following your procedure.

## THE DAY OF YOUR PROCEDURE:

**Do not eat, drink, smoke, use chewing tobacco, chew gum or eat hard candies after midnight.**

**Wear loose-fitting, comfortable clothing.**

**Be aware there may be a delay in your procedure start time due to unplanned emergencies.** You may bring reading material or other quiet activities to pass the time.

**Bring insurance information.** Including your insurance card or Medicare/Medicaid numbers.

**Bring items you need daily.** Such as cane, crutches, walker, contact lenses or hearing aides.

**Leave unnecessary items at home.** We will have a locked area for required belongings.

**What to expect once you arrive.** Your nurse will bring you to your room to change into a gown. You will be asked questions about your medications and medical history. An IV (intravenous catheter) will be placed, usually in your hand or arm. The IV will be used to give you anesthesia (medication to make you sleep) during your procedure. You may also get fluids through the IV before your procedure. Your doctor will explain the procedure and answer questions.

**During your procedure.** When it's time for the procedure, you'll go into the procedure room. Your nurse and anesthesia provider will set up equipment to monitor your heart, breathing, and blood pressure. You'll get oxygen through a thin tube that rests below your nose and a mouth guard placed over your teeth to protect them. You'll get anesthesia through your IV, which will make you fall asleep. Once you're asleep, your doctor will pass the endoscope through your mouth, down your esophagus, into your stomach, and into your small intestine. Your doctor will take biopsies if needed, before removing the endoscope.

**After your procedure.** You will be brought back to your room by the operating room nurse. Another nurse will take care of you while you wake up. You will be given something to eat and drink after you are awake. Your doctor will speak with you and answer any questions you may have, and the nurse will provide discharge instructions before you go home.

## THINGS TO KNOW



**An adult must accompany you.** After your procedure, you will be observed until you are alert enough to leave with a friend or family member who can help you as you are discharged.



**Arrange for transportation home.** Someone will need to drive you home after your procedure. Or, if you plan to use public transportation, you must have an adult accompany you on the bus.



**Where to park.** Astera Health is located at 421 11th St. NW in Wadena. Please park in the Emergency parking lot and enter through the Emergency door.



**If you are sick the day before your procedure.** If you have a cold, fever, cough, runny nose, sore throat or vomiting the day before your procedure, please call **218-631-7581**. For your safety, we may need to reschedule your procedure.



**Remember.** Do not eat, drink, use chewing tobacco, smoke, chew gum or eat hard candies after midnight.



**We're always here to help.** If you have questions or concerns about your procedure, please call **218-631-5202**.