University of Maryland Medical Center Division of Gastroenterology 22 South Greene Street, Baltimore, MD 21201 GI Endoscopy Lab, 3rd Floor, North Hospital, N3W159 Or GI Endoscopy Lab, 7th floor, North Hospital

UPPER ENDOSCOPY INSTRUCTIONS

This sheet contains instructions for your Upper Endoscopy (EGD) or endoscopic ultrasound (EUS). These instructions should be followed to make your examination as safe and as accurate as possible. If you have questions or concerns regarding your scheduled procedure and/or instructions, please call (410) 328-5780.

Your Upper Endoscopy is scheduled for _______ at ______. Please report to the GI Endoscopy Lab on the 3rd or 7th floor of the University of Maryland Medical Center. Please bring all insurance cards, referrals and copays, if applicable. Please arrive one hour early before your scheduled procedure.

INDICATION FOR UPPER ENDOSCOPY:

Examination of the esophagus, stomach, and upper small intestine with a lighted flexible tube is necessary for further evaluation of your condition.

INSTRUCTIONS FOR UPPER ENDOSCOPY PREPARATION:

- 1. If your doctor has ordered blood drawn for lab tests, this must be done before the day of your upper endoscopy.
- 2. If you are taking coumadin, aspirin or arthritis medicine, talk to your doctor. In some cases, you will need to stop these 5 7 days before the upper endoscopy.
- 3. Do not eat or drink anything after midnight the night before the exam. If you take insulin, blood pressure or heart medicine, contact your doctor to see if you should take them before coming to the hospital.
- 4. You will have a chance to discuss the exam with the doctor before the test begins.

DURING THE EXAM:

- 1. You will lie on your left side on the exam table. Your throat will be made numb with a special spray and you will receive medicines by vein (intravenous) to make you sleepy.
- 2. The doctor will insert a flexible tube through your mouth into the upper intestine.

AFTER THE EXAM:

- 1. You may feel a little bloated after the exam due to air inserted during the test.
- 2. Usually, you can eat following the exam.
- 3. The results of the exam will be discussed with you before you leave to go home. We will send a full written report to your doctor.
- 4. You must bring an adult with you because you will be given medication to help you relax. It will make you drowsy so you will need someone to take you home. You will not be allowed to drive after the procedure. The procedure will be cancelled if an adult is not available to accompany you home.