

MAXWELL M. CHAIT, M.D., F.A.C.P., F.A.C.G.

-
- Hartsdale Medical Group, P.C.
 - 180 East Hartsdale Avenue
 - Hartsdale, NY 10530
 - (914) 725-2010 x 118

UPPER GI ENDOSCOPY

Date of Procedure: _____

Place of Procedure: _____

Time of Procedure: _____ arrive at _____

**NOTHING TO EAT OR DRINK THE DAY OF THE PROCEDURE AND NO ORAL
MEDICATIONS THE DAY OF THE PROCEDURE.**

UPPER GASTROINTESTINAL PROCEDURE INSTRUCTIONS

- 1** Prior to the examination, an office visit and blood tests must be done in our office. You may eat or drink prior to these blood tests.
- 2** **One week prior to the examination, discontinue all drugs that affect blood clotting including Aspirin, Dipyridamole, Persantine, Coumadin, Plavix and anti-inflammatory agents such as Ibuprofen, Motrin, Advil, Aleve, Nuprin, Naprosyn, Anaprox, Voltaren, Celebrex or Vitamin E, Omega Fish Oil, Garlic, Ginseng, Ginkgo Bilova, Ginger, Saw Palmetto or Glucosamine/Chondroitin. Tylenol is permitted. If gastro polyps are removed, you may have to continue to stay off the above drugs after the examination. Please check with your doctor.**
- 3** **NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE THE EXAMINATION. NO BREAKFAST OR COFFEE ON THE DAY OF THE EXAMINATION AND NO ORAL MEDICATIONS..**
- 4** An adult must accompany you to the examination because you will be given sedation just prior to the examination. For procedures performed with an anesthesiologist, Propofol sedation will be administered. For procedures performed without an anesthesiologist, Versed or Valium plus Demerol or Morphine will be used for sedation, as deemed appropriate for the individual patient. You may return home by car or taxicab accompanied by an adult and you must rest for the remainder of the day. **YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME.**
- 5** If you have any questions regarding the procedure or the preparation, please contact the office before your scheduled appointment so that we may assist you. Please speak with the Endoscopy Scheduling Staff in our office to answer any questions.

- 6 You may have to check with your insurance company before the exam to see if pre-certification is required. The Hartsdale Medical Group will also contact your insurance carrier for pre-certification. **IF THERE ARE ANY CHANGES IN YOUR INSURANCE CARRIER, YOU MUST INFORM THIS OFFICE.**
- 7 If your procedure is scheduled at the hospital, report to the Admitting Office one hour before your scheduled appointment to register. The procedure will not be done if you have not registered with the Admitting Office.
- 8 **If you find it necessary to change your appointment date, you must call the Hartsdale Medical Group in a timely fashion to allow rescheduling.** Informing the Hospital Endoscopy Unit or the Admitting Department is not sufficient.
- 9 Please inform Dr. Chait if you have any valvular heart disease or other conditions requiring prophylactic antibiotics.
- 10 You may have some gaseousness for a day after the exam since air is instilled during the examination.
- 11 **YOU ARE TO HAVE NOTHING BY MOUTH FOR TWO (2) HOURS AFTER THE PROCEDURE..**

If any urgent problems arise, such as bleeding, fever, severe abdominal pain or extreme weakness, call the doctor's office immediately.

UPPER GI ENDOSCOPY

After careful medical assessment, your doctor has recommended that you have an upper GI endoscopy. During this procedure, a flexible fiberoptic tube (endoscope) is passed through the mouth and throat and into the upper digestive tract. This procedure allows the doctor to examine the lining of the esophagus (food tube), stomach and duodenum (first portion of the small intestine) and to identify abnormalities.

All dentures and eyeglasses must be removed prior to the procedure. You may prefer to remove contact lenses at this time.

You will be asked to sign a consent form authorizing the doctor to perform the procedure.

Please let the doctor and the GI nurse know if you are allergic to any medicines.

A needle for intravenous (IV) medicines will be placed in your arm vein before the procedure.

Medicine will be injected through a needle that will make you sleepy and relaxed.

Your doctor may also spray your throat or ask you to gargle with a numbing medicine.

As you lie on your left side, the doctor will place small mouthpiece between your teeth.

You will be able to breathe normally.

The doctor will then help you to swallow the flexible endoscope tube and he will examine the lining of the esophagus, stomach and duodenum. A biopsy specimen (tiny bit of tissue) may be taken for microscopic examination. You will not feel any sensation or discomfort when the biopsy is performed.

Many people do not recall any of the procedure because of the effect of the medicine. After the procedure, you will probably feel drowsy and may sleep for a short time. The doctor will then discuss the findings with you. The GI nurse or technician will give you instructions to follow when you get home.

If you have any questions, please feel free to ask the doctor, GI nurse or the technician.

NON-PRESCRIPTION

American College of Gastroenterology GI Bleeding Registry

GUIDE TO OTC AND NON-PRESCRIPTION PRODUCTS

Containing NSAIDS, i.e., Aspirin, Aspirin-like Compounds, Ibuprofen, and Naproxen Sodium

Please do NOT take these products for a full week prior to the procedure.

NONPRESCRIPTION products containing aspirin and/or aspirin-like compounds		NONPRESCRIPTION products containing Ibuprofen	NONPRESCRIPTION products containing Naproxen Sodium
Alka-Seltzer Antacid/Pain Reliever Effervescent Tablets	Cama Arthritis Pain Reliever Tablets	Advil Caplets/Tablets	Aleve Caplets/Tablets
Alka-Seltzer Plus Cold Medicine Tablets	Doan's Pills Caplets	Advil Cold/Sinus Caplets	
Anacin Caplets/Tablets	Ecotrin Caplets/Tablets	Bayer Select Ibuprofen Pain Relief Formula Caplets	
Anacin Maximum Strength Bufferin Tablets	Empirin Tablets	Dristan Sinus Caplets	
Anacin Pain Formula Tablets	Excedrin Extra-Strength Caplets/Tablets	Haltran Tablets	
Arthritis Strength Bufferin Tablets	Midol Caplets	Ibuprohm Ibuprofen Caplets/Tablets	
Ascriptin Caplets/Tablets	Mobigesic Analgesic Tablets	Midol IB Tablets	
Ascriptin A/D Caplets	Norwich Tablets	Midol IB Caplets/Tablets	
Aspergum	P-A-C Analgesic Tablets	Nuprin Ibuprofen Caplets/Tablets	
Bayer Aspirin Caplets/Tablets	Pepto-Bismol Liquid/Tablets	Sine-Aid IB	
Bayer Children's Chewable Tablets	Sine-Off Tablets, Aspirin Formula		
Bayer Plus Tablets	St. Joseph Adult Chewable Aspirin		
Maximum Bayer Caplets/Tablets	Therapy Bayer Caplets		
8-Hour Bayer Extended Release Tablets	Trigesic		
BC Powder	Ursinus Inlay-Tabs		
BC Cold Powder	Vanquish Analgesic Caplets		
Bufferin Caplets/Tablets			
Bufferin Arthritis Strength Caplets			

Important Note:

Not a complete list. Other products may also contain aspirin, aspirin-like compounds and/or Ibuprofen. Occasionally, products may be reformulated to add or remove aspirin, aspirin-like compounds and/or Ibuprofen.

*****DO NOT TAKE Motrin, Vioxx, Celebrex, Relafen, Lodine, or any ANTI-INFLAMMATORY medications one full week prior to procedure.**

PRESCRIPTION

American College of Gastroenterology GI Bleeding Registry

GUIDE TO OTC AND PRESCRIPTION PRODUCTS

Containing NSAIDS, i.e., Aspirin, Aspirin-like Compounds, Ibuprofen, and Naproxen Sodium

Please do NOT take these products for a full week prior to the procedure.

PRESCRIPTION products containing aspirin or aspirin-like compounds	PRESCRIPTION products containing Ibuprofen	PRESCRIPTION products containing Naproxen/Naproxen Sodium
Darvon Compound-65 Disalcid Capsules/Tablets Easprin Tablets Empirin with Codeine Tablets Fiorinal Capsules/Tablets Fiorinal with Codeine Capsules/Tablets Lortab ASA Tablets Magsal Tablets Mono-Gesic Tablets Norgesic & Norgesic Forte Tablets Percodan & Percodan-Demi Tablets Robaxisal Tablets Salfex Tablets Soma Compound Tablets Soma Compound with Codeine Tablets Synalgos-DC Capsules Talwin Compound Tablets Trilisate Tablets/Liquid	Motrin Tablets Children’s Advil Suspension Children’s Motrin Suspension	Naprosyn/Suspension Tablets Anaprox/Anaprox DS Tablets

Important Note:

This is not a complete list. Other products may also contain aspirin, aspirin-like compounds and/or Ibuprofen. Occasionally, products may be reformulated to add or remove aspirin, aspirin-like compounds and/or Ibuprofen.

UPPER GI ENDOSCOPY

Upper endoscopy enables the physician to look inside the esophagus, stomach and duodenum (first part of the small intestine). The procedure might be used to discover the reason for swallowing difficulties, nausea, vomiting, reflux, bleeding, indigestion, and abdominal pain or chest pain. Upper endoscopy is also called EGD, which stands for esophagogastroduodenoscopy (eh-SAH-fugoh-GAS-troh-doo-AH duh-NAH skuh-pee).

For the procedure, you will swallow a thin, flexible lighted tube called an endoscope (EN-doh-skope). Right before the procedure the physician will spray your throat with a numbing agent that may help prevent gagging. You may also receive pain medicine and a sedative to help you relax during the exam. The endoscope transmits an image of the inside of the esophagus, stomach and duodenum, so the physician can carefully examine the lining of these organs. The scope also blows air into the stomach; this expands the folds of tissue and makes it easier for the physician to examine the stomach.

The physician can see abnormalities, like ulcers, through the endoscope that does not show up well on x-rays. The physician can also insert instruments into the scope to remove samples of tissue (biopsy) for further tests.

Possible complications of upper endoscopy include bleeding and puncture of the stomach lining. However, such complications are rare. Most people will probably have nothing more than a mild sore throat after the procedure.

The procedure takes 20-30 minutes. Because you will be sedated, you will need to rest at the physician's office for 1-2 hours until the medication wears off.

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PREPARATION

your stomach and duodenum must be empty for the procedure to be thorough and safe, so you will not be able to eat or drink anything after midnight the night before. In addition, you must arrange for an adult to take you home—you will not be allowed to drive because of the sedatives. Your physician may give you other special instructions.

FROM YOUR PHYSICIAN

“A Guide for Patients” is being given to you by your physician to help you better understand the particular digestive problem affecting you. Studies have shown that the more that a patient knows, the easier it is for the patient to cooperate with the physician and the more effective can be the prescribed treatment.

The information in “A Guide for Patients” has been prepared by the National Digestive Diseases Information Clearinghouse, a service of the National Institute of Diabetes and Digestive and Kidney Diseases, National Institute of Health, U.S.

Public Health Service.

