

What To Expect For Your Upper Endoscopy Procedure

BEFORE YOUR PROCEDURE

Location: Middlesex Endoscopy 45A Discovery Way Acton, MA 01720 Phone: 978-429-2000

Cancellation Policy: 48-hour advanced notice needed for cancellations. If you neglect to give 48-hour notice, a \$100 fee may be charged to cover administrative costs. After 2 missed appointments you will not be rescheduled.

Please call the office and speak with an Medical Assistant at 978-429-2010, if you have the following conditions (these may require additional instructions for safety): Failure to do so may result in delay or cancellation of your procedure.

- Take an anticoagulant/ Blood Thinner (Brilinta/Coumadin/Warfarin/Eliquis/Plavix/Xarelto/regular aspirin)
- Had a cardiac stent placement within the last 12 months or a cardiac valve replacement ever and require antibiotics prior to medical procedures
- Have medication-dependent diabetes

Arrange a personal ride home: Due to the effects of anesthesia, you cannot drive yourself home and cannot take a taxi, uber/lyft, etc. unless accompanied by a responsible adult.

Preparation: See the time-sensitive attached instructions regarding prepping for upper endoscopy procedure.

AT YOUR PROCEDURE (Average Total Time at Center 1.5-3.5 Hours)

Check-In: Please arrive 30 min before your procedure time. We will verify personal and insurance information (please bring license and insurance card). We will have you sign facility consents and provide name/number for your ride home.

Pre-Procedure: A nurse will review medical history, current medications, record vital signs and have you change. (A shirt with a sleeve that can roll up above the elbow can remain on.) An intravenous (IV) catheter will be placed for hydration, anesthesia and other medications as needed. You will discuss the procedure risks/benefits and sign consents for the anesthesiologist and the gastroenterologist.

Complications from this procedure are rare. There are slight risks such as bleeding, tearing a small hole in the digestive tract, or inflammation of the vein used for the IV medication. Your doctor will explain these and other risks in full and answer any questions you may have before consents are signed.

Procedure: In the procedure room, monitors and oxygen will be set up. The anesthesia provider will administer the medication through the IV once the team is ready to begin. The medication most commonly used is called propofol and causes a light sleep. You are unaware of the procedure, but breathing on your own.

During an upper endoscopy, a scope is introduced into your mouth and through the esophagus, stomach, and beginning of the small intestine. Air is injected for viewing. Average procedure time is 5 minutes.

Recovery: Your ride will be notified to arrive, and stay in the vehicle as no rides are allowed into the building at this time. Vital signs will be monitored as you wake up in the recovery area. The air injected during the procedures may cause cramping/bloating so will need to be passed during this time. Once stable, your IV will be removed and you can get dressed. You will be offered something to drink. You will receive verbal and written discharge instructions and your doctor will review your exam with you before you leave. There is no driving or drinking alcohol allowed for the rest of the day after anesthesia. Average recovery time is 30 minutes.

Before upper endoscopy, do not drink (even water) for 4 HOURS prior to procedure

UPPER ENDOSCOPY PROCEDURE PREPARATION

Medication Instructions:

- **FIVE days before procedure**- Stop multivitamins, iron, vitamin E, calcium, NSAIDs (advil, ibuprofen, motrin, aleve, etc.) and aspirin. Baby Aspirin 81mg and Tylenol are ok to continue.
- **Day of procedure**- take all heart and blood pressure medication with a sip of water. Bring inhaler to procedure, if you have one. No marijuana for 24 hours before or after procedure.

Diet:

Day of Procedure – No food after midnight. Clear liquid diet up to 4 HOURS before procedure time.

****NO liquids (even water) for 4 HOURS prior to procedure time****

CLEAR LIQUID DIET

Clear liquids only day of upper endoscopy.

YES – OK To Have	NO – Avoid These
Water Apple juice, white grape juice, white cranberry juice Limeade or lemonade Black coffee or black tea (sugar ok) Chicken or Beef Broth Gelatin without toppings (no red, blue, purple) Gatorade or clear sports drinks	Milk or Cream Any red, blue, purple liquids Orange or tomato juice Cream soups Any soup other than clear broth Oatmeal or cream of wheat Any alcohol Honey, cough drops/lozenges/hard candy

****NO liquids (even water) for 4 HOURS prior to procedure time****