

Upper 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 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 any abnormalities.

Eyeglasses, contact lenses, and dentures must be removed prior to the procedure.

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

Please let the doctor and the GI nurse know if you are *allergic* to any medicine or latex.

A needle for intravenous (IV) medicines will be placed in your arm vein before the procedure. Medicine will be injected through this needle that will make you sleepy and relaxed. Your doctor will spray your throat with a numbing medicine. As you lie on your left side, the doctor will place a 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. Before you leave, the doctor will discuss the findings with you. The GI nurse or technician will give you written instructions to follow when you get home.

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

Medications to Avoid Before Your Endoscopy

Information for when your doctor tells you to avoid aspirin, aspirin-like products, or other medications or supplements prior to endoscopy to prevent bleeding problems.

- Your doctor wants you to stop taking aspirin, aspirin-like products, or non-steroidal anti-inflammatory agents 7 days before your endoscopy procedure.
- You may take acetaminophen (Tylenol) for minor aches and pains.
- If you are unsure whether a medicine is safe to take before the time of your procedure please ask you doctor or pharmacist.

Prescription Products containing aspirin or other salicylates:

Amigesic	Lortab ASA	Roxiprin
Ascomp with Codeine	Magan	Salflex
Alor	Magsal	Salsalate Products
Carisoprodol Compound	Mobidin	Salsitab
Darvon Compound	Monogesic	Soma Products
Diflunisal	Norgesic	Synalgos-DC
Dolobid	Novasal	Talwin Compound
Empirin with Codeine	Orphengesic	Trilisate
Fiornal	Panasol	Trisalicylate Products
Lobac	Percodan Products	Zorprin

Prescription products containing the following nonsteroidal anti-inflammatory agents (brand names in parentheses):

Diclofenac (Voltaren, Cataflam)	Meclofenamate (Meclomen)
Etodolac (Lodine)	Mefenamic Acid (Ponstel)
Fenoprofen (Nalfon)	Nabumetone (Relafen)
Flurbiprofen (Ansaid)	Oxaprozine (Daypro)
Ibuprofen (Motrin)	Piroxicam (Feldene)
Ketoprofen (Orudis, Oruvail)	Sulindac (Clinoril)
Ketorolac (Toradol)	Tolmetin (Tolectin)
Indomethacin (Indocin)	Naproxen (Naprosyn, Anaprox)

Other Prescription drugs to avoid:

Celecoxib (Celebrex)	Dipyridamole/aspirin (Aggrenox)
Cilastazol (Pletal)	Clopidogrel (Plavix)
Dipyridamole (Persantine)	Ticlopidine (Ticlid)

Nonprescription products containing aspirin or salicytates:

Alka-Seltzer Products	Bayer Products	Halfprin
Anacin	Bufferin	Mobigesic
Arthropan	Doans	Pepto-Bismol
Ascriptin	Ecotrin	Saleto
Aspergum	Empirin	Vanquish
Asprimox	Excedrin Products	

Nonprescription products containing nonsteroidal anti-inflammatory agents:

Advil Products	Haltran	Midol Extra Strength
Aleve Products	Ibuprofen Products	Motrin
Dristan Sinus	Menadol	Naproxen

Herbal/vitamin supplements:

Natural products, herbal medicinal and other supplements should be stopped 7 days prior to endoscopy and may be resumed when approved by your doctor.

Products that can increase the risk of bleeding associated with surgery include:

Agrimony	Dandelion	Papain
Alfalfa	Danshen (salvia)	Parsley
Aniseed	Dihydroepiandrosterone (DHEA)	Passionflower
Arnica	Dong quai (angelica)	Poplar
Artemesia	Fenugreek	Prickly ash
Asa foetida	Feverfew	Quassia
Bochu	Fish oil	Red clover
Bogbean	Garlic	Sweet clover
Bromelains	Ginger	Sweet Woodruff
Capsicum	Ginkgo	Tonka beans
Cassio	Horse chestnut	Turmeric
Celery seed	Horseradish	Vitamin E
Chamomile	Licorice	Wild carrot
Chinese wolfberry	Meadowsweet	Wild lettuce
Clove	Melilot	Willow
	Onion	

Coumadin (Warfarin)

Ask your doctor how many days BEFORE your endoscopy (usually no less than 3 days) to stop taking this drug, and whether you will need bridge therapy with an injectable anticoagulant such as heparin or a low molecular weight heparin (enoxaparin; Lovenox).