

**Patient Instructions for Upper GI Endoscopy**

You will have an examination of your esophagus, stomach and duodenum by means of a flexible upper GI endoscope. This thin camera-like device is the most accurate way of evaluating this area. The test can give us information about your upper gastrointestinal tract and perform treatments that can not be obtained in any other way, including x-rays. Before starting the test, Dr. Rosenbaum will give you a sedative injection that will relax you so that your test can be performed with the minimum of discomfort. You will not be completely asleep but will be arousable, if necessary, to cooperate with the examination. Please be assured that you will not choke and you will be able to breathe with the instrument in place. The scope does not go through your voice box, but around it. Dr. Rosenbaum has already explained the risks and benefits of this procedure to you. Please be sure you were told about which of your medications you can/should take before the exam. The procedure is *“that wasn't as bad as I thought it would be.”*

**Please Follow These Simple Instructions:**

1. Dr. Rosenbaum or his office staff should have already discussed which of your usual medications you should take. Heart and Blood Pressure medications should generally be taken as usual with water at their normal times and are not to be skipped. Generally, you should not be on blood thinners (Coumadin, Aspirin, Advil, Aleve, Naprosyn, Motrin, etc....) prior to this exam. Discuss whether you should take your diabetes and all other medications with Dr. Rosenbaum or his staff today.
2. Have nothing to eat or drink after midnight preceding the day of the test.
3. Since you will receive sedation YOU CANNOT DRIVE ON THE DAY OF THE EXAM. Arrange to have a relative or friend drive you home. It would be dangerous for you to drive that day. If you take a taxi, you still will need someone to accompany you.
4. Dress comfortably-wear loose clothing.
5. Following the test you will remain in the endoscopy center until you have recovered sufficiently from the sedative and can be driven home. The entire procedure, including registration, changing clothes, the exam, and recovery period take 2 to 2-1/2 hours. There are few side-effects after the test. You may have a mild sore throat for one day after the test. Since air is used during this procedure, you may experience excess intestinal gas - this will pass naturally.

Please arrive 45 minutes prior to your scheduled procedure

***\*If you have any questions, please call us at 708-795-9595***