

UPPER GI ENDOSCOPY EXAM- Afternoon Instructions

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 the duodenum (the first portion of the small intestine) and to identify any abnormalities.

TWO WEEKS PRIOR TO PROCEDURE: You must stop ALL GLP-1 medications. This includes Wegovy, Zepbound, Ozempic, Rybelsus, Monunjaro, and any Semaglutide.

All dentures and eyeglasses must be removed prior to the start of 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 GI nurse know if you are allergic to any medications.

A needle for intravenous (IV) medicines will be placed in your vein prior to the procedure. Medicine will be injected through this needle that will make you feel sleepy and relaxed. Your doctor may also spray your throat or ask you to gargle with 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 endoscopy tube, and he will examine the lining of the esophagus, stomach, and duodenum. A biopsy specimen (tiny piece 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, and after the procedure, you will probably feel drowsy and may fall asleep for a short period of time. The doctor will discuss findings with you, and the GI nurse will give you instructions to follow at home.

Upper GI endoscopy is associated with low risk when performed by the right physician who has been specially trained and experienced in the procedure. Any questions will be answered by the doctor or nurse.

You will need to arrange transportation home after the procedure. **YOU CANNOT DRIVE.** You are allowed a light breakfast (toast, egg) early morning. Stop liquids 2 hours prior to EGD. If you take **BLOOD THINNERS**, please discuss this with the doctor.

Test Date: Arrival time:

[] CCP Interventional and Endoscopy Suite, 6 Wellness Way, West Entrance, Suite G04, Latham, NY

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Driver and Transportation policy following Sedation.

CCP Endoscopy and Surgical Suite

How long will my appointment take?

To assure you the best care possible, please expect your stay to be under 2 hours total.

This time includes arriving no later than 45 minutes prior to the appointment time given to you by the physician's office. Arriving at your appointment start time means that the patient scheduled ahead of you will go before you.

Your driver will be brought in to sit with you after your procedure is completed.

Procedure time typically runs from 20 minutes to 45 minutes.

Recovery time is 30 minutes to 45 minutes.

As this is a brief amount of time, your driver is encouraged not to leave the building. If they must leave, they should not be more than 10 minutes away. Please encourage your driver to answer the phone if they do not recognize the number.

Who CANNOT be my responsible driver?

Taxi drivers (this includes Medicare/Medicaid or other insurance provided transportation).

Uber, Lyft, and any type of ride share arrangement.

Bus or shuttle drivers.

Those under 18 years old and/or do not have a valid driver's license (no learners permit allowed).

PLEASE NOTE: If the person responsible for your care following your sedation does not drive, then the use of any of the above is permitted. This person must accompany you to and from your procedure and is not to leave the building.

What are the responsibilities of my driver?

Your driver needs to be easily available when your procedure is complete, and the physician is ready to review results.

If you are not comfortable with your driver receiving results, that is fine. Please remember that once you receive sedation, your recall will be impaired. Written discharge information will go home with you. Your driver must sign your paperwork as you cannot legally do so following sedation.

Your driver needs to be a friend or family member who you are comfortable enough to have sign your discharge directions. Discharge directions will contain basic information regarding findings for your after care.

Failure to follow these instructions will result in the cancelation of your procedure.