

What Preparation Is Required?

For the best possible examination, the stomach must be completely empty, so you should have nothing to eat after 11:00pm the evening before. Clear liquids are allowed up until 6 hours prior to the procedure. Your physician will be more specific about the time to begin fasting, depending on the time of day your endoscopy is scheduled.

Be sure to let your physician know if you are allergic to any drugs. A companion must accompany you to the examination because you will be given medication to help you relax. It will make you drowsy, so you will need someone to take you home. You will not be allowed to drive after the procedure. Even though you may not feel tired, your judgment and reflexes may not be normal. You cannot drive until the day after the procedure.

Please bring your x-rays with you, as they may be important, and a list of medications that you are currently taking.

Continue to take any blood pressure, heart or respiratory medications, including prednisone on the day of the procedure with a small amount of water. Bring any inhalers with you as well.

What Should You Expect During This Procedure?

Your doctor will give you medication through a vein to make you relaxed and sleepy, and your throat may be sprayed with a local anesthetic. While you are in a comfortable position, the endoscope is inserted through the mouth, and each part of the esophagus, stomach and duodenum is examined.

The procedure is extremely well tolerated with little or no discomfort. Many patients fall asleep during the procedure.

The tube will not interfere with your breathing. Gagging is usually prevented by the medication.

What Happens After The Endoscopy?

You will be kept in the endoscopic area until most of the effects of the medication have worn off. Your throat may be a little sore for a couple of hours and you may feel bloated for a few minutes after the procedure because of the air that was introduced to examine your stomach.

You will be able to resume your diet after the procedure unless you are instructed otherwise.

Are There Any Complications From Endoscopy?

Endoscopy is safe and is associated with very low risk when performed by physicians who are experienced in this endoscopic procedure. Complications can occur but are rare.