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Upper GI Endoscopy

After careful medical assessment, your doctor has recommended that you have an upper GI endoscopy. During this procedure a flexible fiber optic 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.

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 arm vein prior to the procedure. Medicine will be injected through this needle that will make you sleepy and relaxed. Your doctor may also spray your throat or ask you to gargle 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. The doctor will then discuss the findings with you and the GI nurse or technician will give you written instructions to follow when you go home.

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