



Upper Endoscopy

An upper endoscopy is a test that looks at your esophagus, stomach and duodenum.

The test can be ordered for many reasons such as abdominal pain, reflux, heartburn, nausea, vomiting, difficulty swallowing, intestinal bleeding, or because a feeding tube is needed. The Gastroenterologist, a doctor who specializes in the digestive system, will perform this test to better understand your condition. A scope will be used to look at the lining of your esophagus, stomach and duodenum. You will be given medication (a sedative) during the procedure to keep you comfortable.

MEDICATIONS

- If you take diabetic medications or prescription blood thinners, follow the special instructions from your primary care providers or anticoagulation management service (AMS).
- You may take your medications with water 2 hours before you are scheduled to arrive for your procedure. This includes your blood pressure pills.

FOOD

- No solid food, starting at midnight until your procedure is completed.
- You may have clear liquids until 2 hours before your scheduled report time. You may brush your teeth or rinse, but do not swallow.

ACCEPTABLE CLEAR LIQUIDS INCLUDE

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| • Water | • Sports Drinks |
| • Lemonade | • Italian Ice |
| • Jell-O™ | • Kool-Aid™ |
| • Apple juice | • Gatorade™ |
| • Tea | • Fat-free broth |
| • Soft Drinks | • Crystal light™ |
| • Popsicles | • Bouillon |
| • PowerAde™ | • White grape juice |
| • Coffee (no cream/milk) | • Energy Drinks |

You may also have sugar and honey. Do not have red colored liquid.