Upper GI Endoscopy

Upper GI endoscopy means using a flexible scope to look at the esophagus, stomach and upper small bowel. This is done to make a diagnosis in people with heartburn, abdominal pain, or abnormal bleeding. Sometimes an endoscope is needed to remove foreign bodies or food that become stuck in the esophagus; it can also be used to take biopsy samples. For the best results, do not eat or drink for 8 hours before having your upper endoscopy.

To perform the endoscopy, you will probably be sedated and your throat will be numbed with a special spray. The endoscope is then slowly passed down your throat (this will not interfere with your breathing). An endoscopy exam takes 15-30 minutes to complete and there is no real pain. Patients rarely remember much about the procedure. The results of the test may take several days if a biopsy or other test is taken.

You may have a sore throat after an endoscopy exam. Serious complications are very rare. Stick to liquids and soft foods until your pain is better. You should not drive a car or operate any dangerous equipment for at least 24 hours after being sedated.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have severe throat pain.
- You have shortness of breath.
- You have bleeding problems.
- You have a fever.
- You have difficulty recovering from your sedation.

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