



## Upper GI Endoscopy

An upper endoscopy lets your doctor examine the lining of the upper part of your gastrointestinal tract, which includes the esophagus, stomach and duodenum (first portion of the small intestine). Your doctor will use a thin, flexible tube called an endoscope, which has its own lens and light source, and will project the images from inside your body onto a video monitor. You might hear your doctor or other medical staff refer to this procedure as an upper GI endoscopy or an EGD (esophagogastroduodenoscopy.)

### Prior to the procedure:

You should not eat or drink anything after midnight the day before your procedure – or for at least 8 hours prior to the start of your procedure. Please discuss with your doctor whether he wants you to take any of your daily medicines on the morning of your procedure, for example, medicine for your blood pressure.

### What to expect during the procedure:

A monitor will record your blood pressure, pulse, blood oxygen levels, as well as the heart rate and rhythm throughout the procedure. Your doctor will give you medicine through an IV to help you relax and be more comfortable during the procedure. You'll lie on your side, and your doctor will pass the endoscope through your mouth and into the esophagus, stomach, and duodenum. The endoscope doesn't interfere with your breathing. Most patients consider the test only slightly uncomfortable, and many patients fall asleep during the procedure. If the doctor sees anything that may be abnormal, he can take a tissue sample (known as a biopsy) and send it to the lab for analysis. The doctor may need to treat a problem area with dilatation, cautery or injection therapy.

### What to expect after the procedure:

The procedure itself usually takes 20 to 30 minutes, although you should plan on being at the hospital for about two to three hours. This includes preparation and recovery time. The medicine you receive may make it difficult for you to remember what the doctor or nurses tell you after your procedure. It is helpful to have someone with you who can also hear the instructions and stay with you on the day of the procedure. You cannot operate machinery or drive a motorized vehicle for 24 hours after the procedure. Please make arrangements for someone to be at the hospital to take you home. Please see [endoscopy discharge instructions](#) in the patient resources section of this website.