

Gregory J. Wiener, MD
A Professional Corporation
Gastrointestinal and Digestive Diseases
353 Church Ave, Suite A
Chula Vista, California 91910
(619) 585-8883

Understanding Upper Endoscopy

Your Physician has determined that upper endoscopy is necessary for further evaluation or treatment of your condition. This brochure has been prepared to help you understand the procedure. It includes answers to questions patients ask most frequently. **Please read carefully. If you have additional questions, please feel free to call the office to discuss with your physician and/or staff before the examination begins or with the endoscopy nurse the day of the procedure.**

What is Upper Endoscopy? Upper endoscopy (also known as upper GI endoscopy, esophagoduodenoscopy [EGD], or panendoscopy) is a procedure that enables your physician to examine the lining of the upper part of your gastrointestinal tract, i.e., the esophagus (swallowing tube), stomach, and duodenum (first portion of the small intestine) using a thin flexible tube with its own lens and light source.

What preparation is required? For the best (and safest) examination the **stomach** must be **completely empty**. You should have **nothing to eat or drink**, including water, **for approximately ____ or ____ before the examination**. Your doctor will be more specific about the time to begin fasting, depending on the time of day that your test is scheduled. It is best to inform your doctor of your current medications as well as any allergies several days prior to the examination. You should inform your doctor if you require antibiotics prior to undergoing dental procedures, since you may need antibiotics prior to upper endoscopy as well but not all the time.

Possible Medications adjustments: Before the test, be sure to discuss with the doctor and/or staff whether you should adjust any of your usual medications before the procedure, any drug allergies you may have, and whether you have any other major diseases such as heart or lung condition that might require special attention during the procedure. Aspirin should be held for three (3) prior to your procedure. **Please inform your physician if you take any blood thinners and ask if you should stop taking them. Examples: warfarin, Plavix, Eliquis, Xarelto. Diabetes medicine should be held the day of procedure and you may resume all diabetic medications after procedure.**

Arrangements to get home after the test: You will need to **arrange** to have **someone accompany you home from the examination** because sedatives affect judgement and reflexes for the rest of the day. **You will not be allowed to drive or leave alone after the procedure even though you may not feel tired.**

To the patient: Because education is an important part of comprehensive medical care, you have been provided with this information to prepare you for this procedure. If you have any questions about your need for upper endoscopy, alternative tests, the cost of the procedure, methods of billing, or insurance coverage, do not hesitate to speak to your doctor's office staff about it. Most endoscopists are highly trained specialist and welcome your questions regarding their credentials and training. If you have questions that have not been answered, please discuss them with the endoscopy nurse or your physician before the examination begins.

Preparation

Day before procedure:

Do not eat or drink after midnight. This **includes medications** unless otherwise specified by Dr. Wiener.

Day of your procedure:

- 1) **Do not take any morning medications,** bring them with you.
 - 2) Arrive at designated location on time. Wear comfortable clothing.
 - 3) You will be at the endoscopy center most of the morning. **Make arrangements to be picked up since you will not be able to drive that day.**
-

Procedure Date: _____ **Time:** _____

Facility: _____