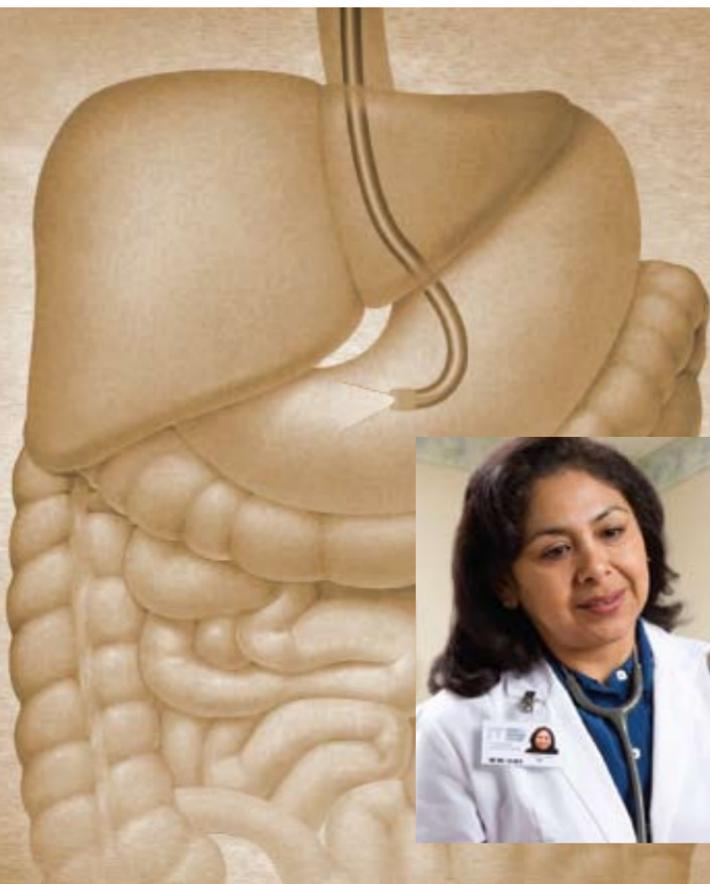
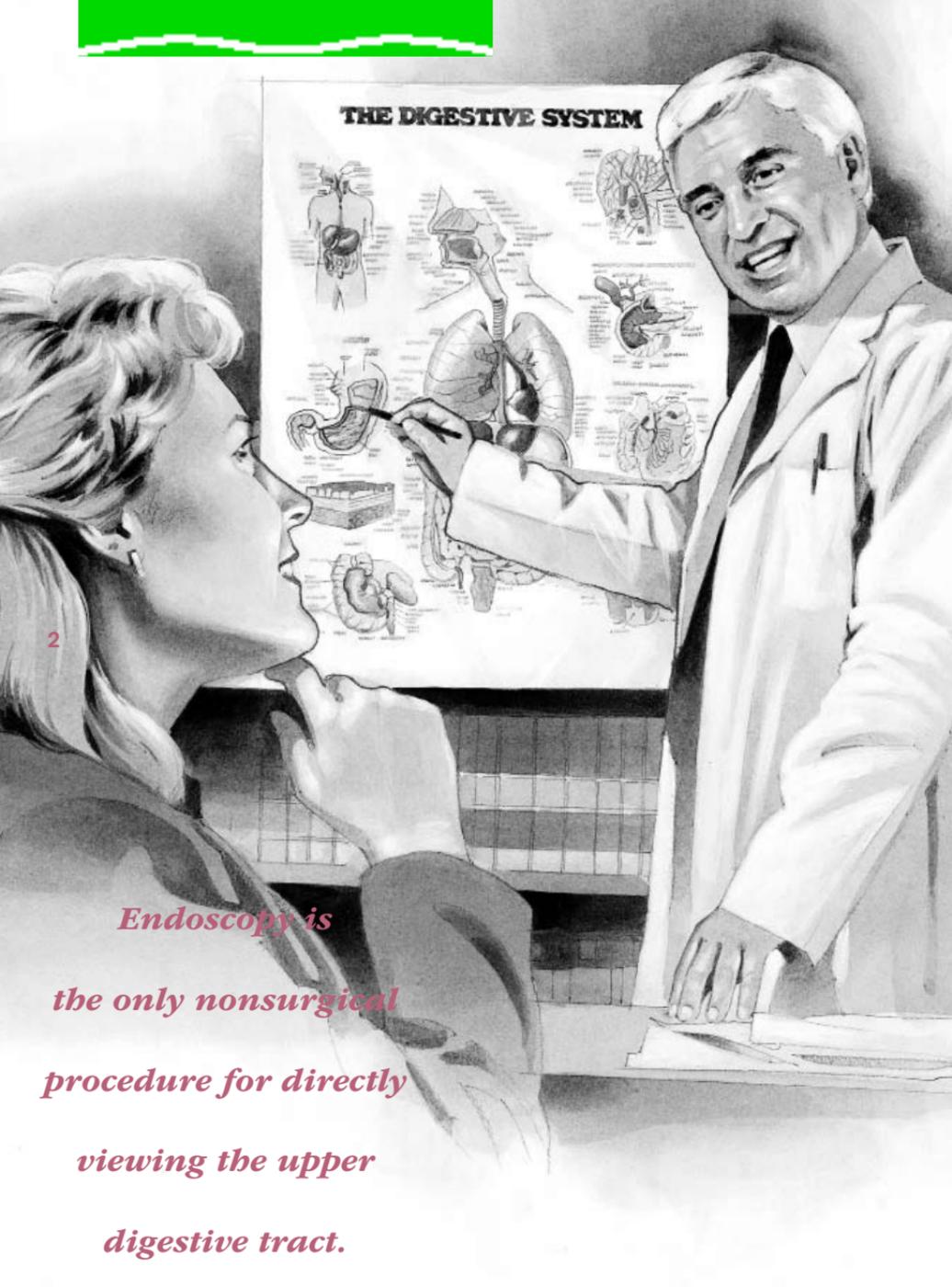


Upper GI Endoscopy

Diagnosing Problems of the Upper Digestive Tract





THE DIGESTIVE SYSTEM

2

*Endoscopy is
the only nonsurgical
procedure for directly
viewing the upper
digestive tract.*

DIAGNOSING WITHOUT SURGERY

Your doctor has advised you to have an **endoscopy**, a nonsurgical procedure that can help your doctor diagnose your digestive problem. This routine exam allows your doctor to see directly inside your upper GI (gastrointestinal) tract. Based on the results of your exam, your doctor can determine the best course of action for treating or managing the cause of your problem.

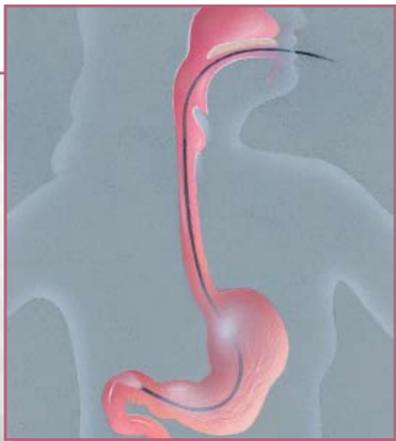


THROUGH THE LOOKING GLASS

Your doctor examines the lining of your upper digestive tract by looking through an **endoscope**.

This state-of-the-art instrument, consisting of an eyepiece and a thin flexible tube, contains threadlike fibers of glass that beam light and send images back to the eye-piece. The tube has several openings through which instruments can be passed. A camera can be attached to the eyepiece to take pictures for further study.

- 4 Some endoscopes use computer technology, which produces an enlarged view of your upper digestive tract on a video monitor.



An endoscope allows your doctor to view your entire upper GI tract.



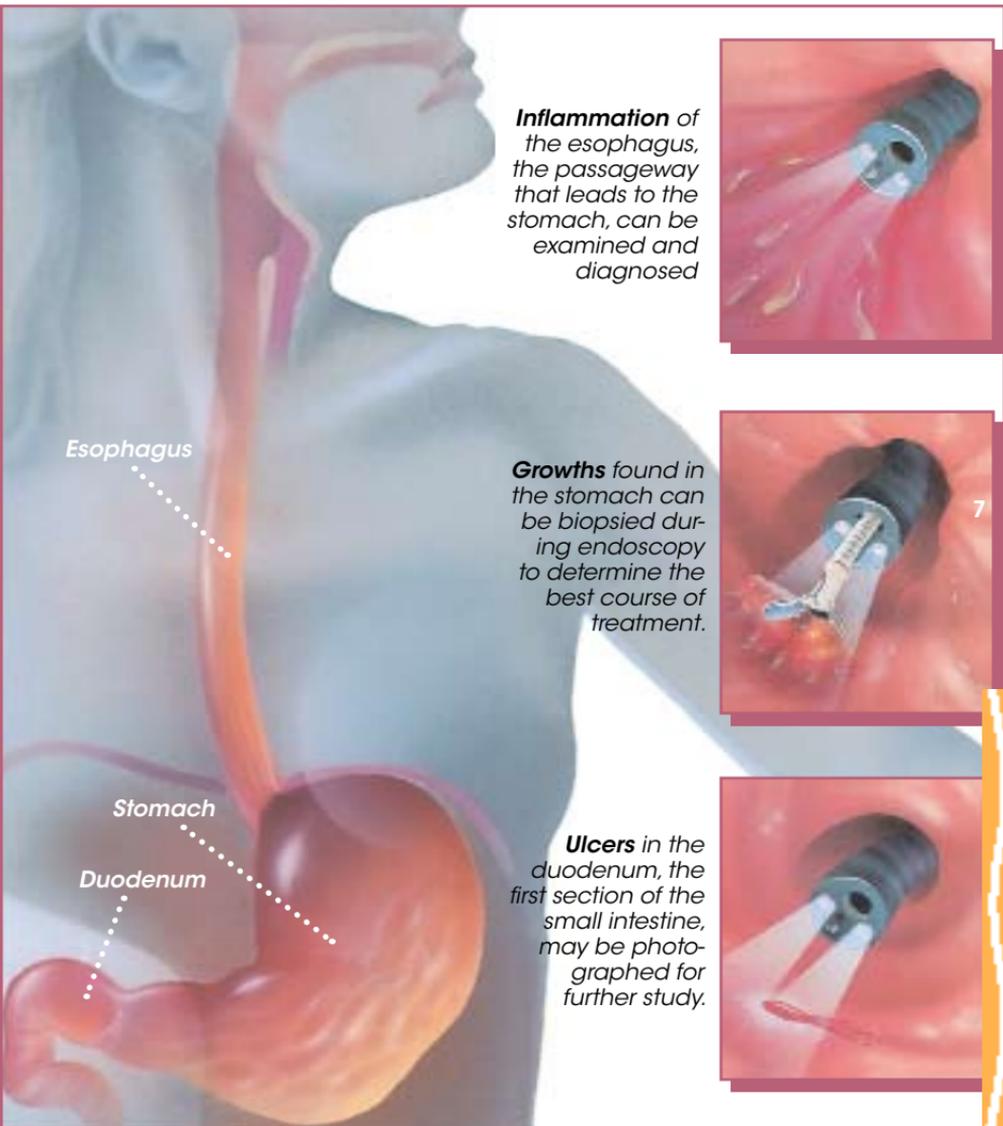
Light illuminates the GI tract's lining. Openings in the thin tube can be used to pass instruments for removing growths or taking tissue samples.



VIEWING YOUR PROBLEM

Your upper digestive tract, which includes your **esophagus, stomach,** and **duodenum,** normally has a smooth lining. If during your endoscopy your doctor sees an abnormality such as an area of inflammation, a growth, or ulceration, your doctor will take further steps to diagnose and treat your condition. A **biopsy** (tissue sample) can provide additional information to help your doctor treat your condition.

Endoscopy can detect problems in their earliest, most treatable stages.



Inflammation of the esophagus, the passageway that leads to the stomach, can be examined and diagnosed



Esophagus

Growths found in the stomach can be biopsied during endoscopy to determine the best course of treatment.



Stomach

Duodenum

Ulcers in the duodenum, the first section of the small intestine, may be photographed for further study.





PREPARING FOR ENDOSCOPY

Your doctor will inform you about how to prepare for your exam. You'll be asked to restrict your diet to ensure that your stomach is empty and can be viewed clearly. Because you will be sedated during the exam and feel sleepy afterward, you'll need to arrange in advance for someone to take you home following the endoscopy.



*You can help make
your endoscopy
a success by
following a few
simple steps before
the procedure.*

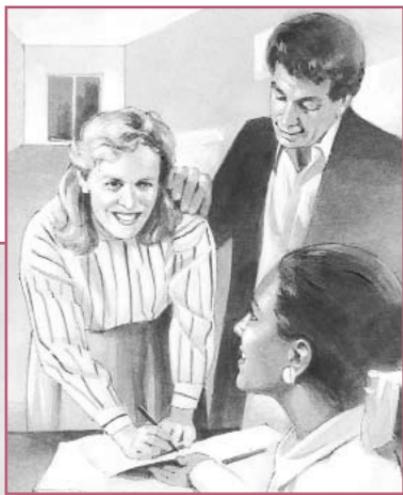
REMINDERS

Don't eat or drink anything after midnight the day before the exam, or as directed by your doctor.

Don't try to drive yourself home. Arrange for transportation, or your procedure might be canceled.

Tell Your Doctor If:

- You know you're allergic to certain medications.
- You know you take medications such as aspirin that can thin the blood.
- You have heart or lung problems.
- You're being treated for a medical condition.



Check with your doctor or facility to find out what time you should arrive to register.

10

The endoscope causes little discomfort. A small mouthpiece is placed between your teeth so you don't bite the endoscope tube. Once sedated, you may fall asleep and not remember the procedure afterward.



DURING ENDOSCOPY

During your procedure, your throat may be anesthetized and you'll be asked to swallow a narrow, flexible endoscope tube. This is much easier than most people expect it to be. To give your doctor a clear view, air will be used to temporarily expand your upper GI tract. Depending on what your doctor sees, your doctor may be able to treat the problem immediately, or a biopsy may be taken. When the exam is over, usually within 15–30 minutes, you'll be taken to the recovery area.



Most people recover quickly and leave shortly after the exam. They can usually return to their routines, including driving and working, the day after endoscopy.

AFTER ENDOSCOPY

While recovering, you'll be monitored for about 30–45 minutes until you're ready to go home. Within a few hours after you return home, you should be able to resume some of your usual activities. After the sedation has worn off and sensation has returned to the back of your throat, usually within a couple of hours, you'll be able to eat normally. You may have a mild sore throat for about 24 hours. Burping can help relieve the bloated feeling caused by the use of air during endoscopy.

13

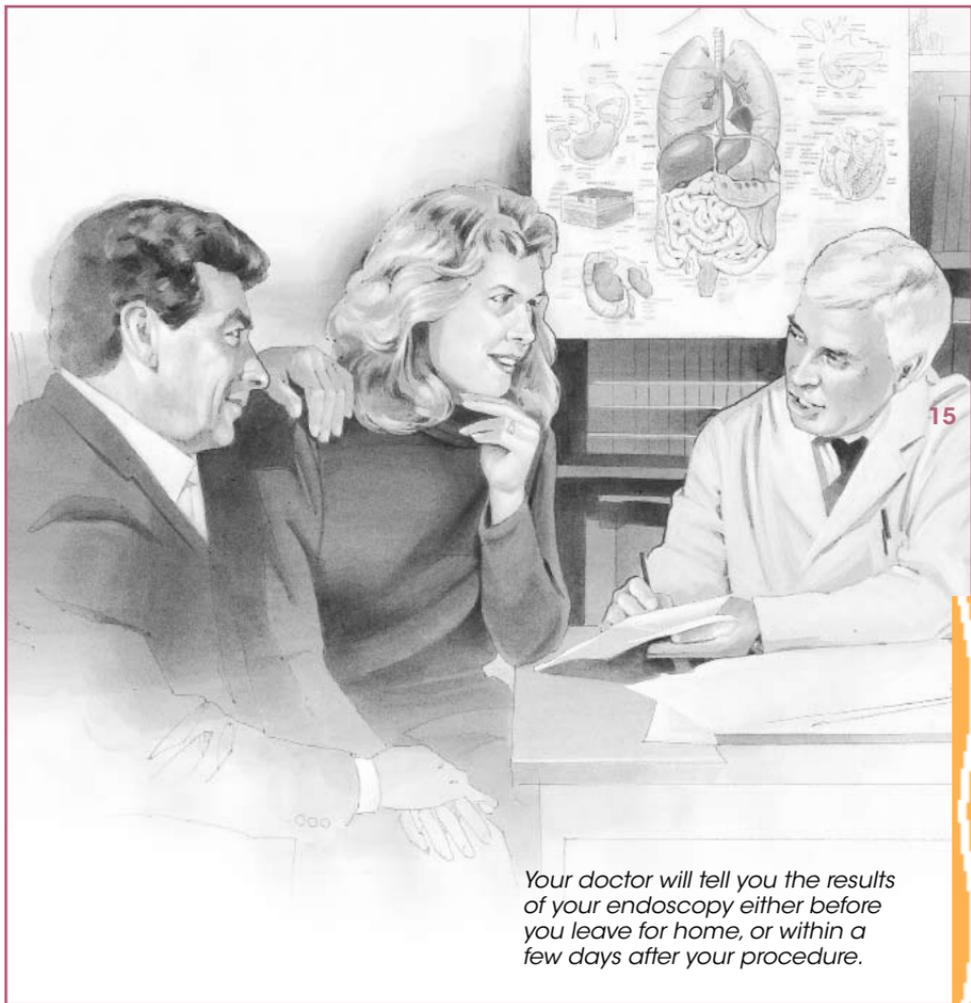
Call your doctor if you have pain or bleeding.





YOUR RESULTS

If your problem was treated during the exam, your doctor may give you special instructions to follow. If a biopsy was performed, allow several days for the results. If necessary, further studies or treatments may be recommended.



Your doctor will tell you the results of your endoscopy either before you leave for home, or within a few days after your procedure.

This product is not intended
as a substitute for professional
medical care.

©2010 The StayWell Company.
www.krames.com 800-333-3032
All rights reserved.

KRAMES[®]
PATIENT EDUCATION

A MediMedia Company

www.krames.com 800-333-3032