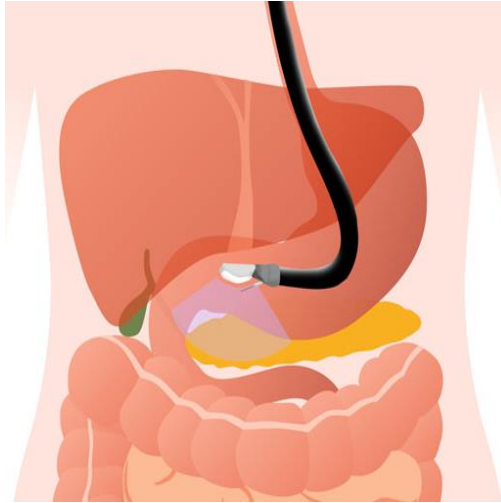




مدينة الملك فهد الطبية  
King Fahad Medical City



# Upper GI Endoscopy Guide



Please read these instructions one week before the appointment

## What is an endoscopy?

An endoscope is a long and flexible tube with a camera on one end.



It is used to examine the upper part of the gastrointestinal tract.

## Types of Upper GI Endoscopy:

### 1. Esophagogastroduodenoscopy (EGD):

Allows the physician to look directly at the lining of the esophagus, stomach and duodenum, by passing endoscope through the mouth to the stomach.



## **Indications:**

- Exploring possible causes of Upper GI problems.
- Identifying areas of bleeding within the Upper GI while seeing the abnormal parts.
- Taking biopsies (small samples of tissue) if needed and sending them to laboratory for examination.
- Removing polyps, if any, which are usually benign of different sizes.

## **2. Endoscopic Ultrasonography (EUS):**

An endoscope where sound wave technology is used to produce detailed images of the wall of the GI and nearby organs such as: the pancreas, liver and lymph nodes.

## **Indications:**

- Examining the wall of the GI and internal organs.

- Taking biopsies (small samples of tissue) if needed to examine them.
- Treating drainage of pseudocysts.

### 3. Endoscopic Retrograde

#### Cholangiopancreatography (ERCP):

A type of X-ray and endoscopy procedure that enables your physician to examine inside of the bile ducts and pancreatic duct. A flexible endoscope shall be inserted through the mouth, moved into the esophagus, then into the stomach, and then into the small intestine. Through the endoscope, a small tube shall be placed at the opening of the bile duct and the pancreas, a dye is injected, and then X-ray is used to look at the bile ducts.

#### **Indications:**

- Removing gallstones.

- Treating of bile duct stricture by expansion or by placing biliary stenting.

#### 4. Laser Endoscopic Retrograde

##### Cholangiopancreatography:

A thin endoscope to be passed through the duodenum into the bile duct allows direct visualization of the bile duct.

This technology provides the ability to use specialized equipment to break up difficult-to-remove gallstone and pancreatic stones with Endoscopic Retrograde Cholangiopancreatography.

#### How to be prepared?

Before the endoscopy appointment, the GI should be cleaned so that the physician can see any abnormal parts.

Good preparation helps the physician to thoroughly explore GI, which increases the chances of determining diseases' causes. So, the preparation instructions that shall be given to you by the Endoscopy Unit must be followed carefully.



In case of poor preparation, then your endoscopy appointment will be canceled, and another appointment will be determined.

## On the Procedure Day:

- You can take blood pressure medications and heart disease medications with a little amount of water on the procedure's morning.



- Bring all your current medications, especially heart disease, blood pressure, and diabetes medications.
- Your procedure is usually performed under sedation; therefore, you should have an adult escort to drive you home and stay with you for 24 hours.
- Companions are advised to stay in the Waiting Area throughout the endoscopy procedure until completion.

### Registration:

Upon your arrival to the Main Hospital, ask the hospital's receptionist to direct you to the Endoscopy Unit. Give your appointment slip to the reception desk at the Endoscopy Unit and wait in the Waiting Area.





Please be aware that appointments are approximate; in case of delay occurred due to other patients' procedures, we will do our best to keep you updated.

## What will happen before and during the procedure?

- During the initial examination process, please inform the nursing staff if you have any of the following:
  - Asthma.
  - Allergy to medications or foods, especially antibiotics or analgesics.
  - A heart pacemaker and hemodialysis machine for your safety during the procedure.



- Please remove your dentures, contact lenses, or glasses.
- All your personal and valuable belongings shall be kept by your family or escort. The nursing staff is not responsible for the loss of your personal belongings and valuables.
- You will be provided with special clothing when a bed and an endoscopy room are available.
- The physician shall explain the benefits and risks of endoscopy to you and ask you to sign a consent form to perform the endoscopy. You may ask any questions that you may have to the physician.
- The nurse shall place an IV injection in your arm to give you the necessary medications and fluids. You shall be given sedation through IV injection to help you relax during the endoscopy procedure.

- The nurse or physician may put a local anesthetic in the back of your throat.
- You shall be requested to lie on your left side. A plastic instrument shall be placed in your mouth to prevent endoscopy damage and to allow secretions to pass out easily. It also helps in managing your airway.
- We advise the patient to breathe comfortably through the nose. This shall help you to be more relaxed during the endoscopy procedure.
- Your blood pressure, pulse, and oxygen levels shall be monitored throughout the procedure.

## What will happen after the endoscopy?

- You will be taken to the recovery room for rest. You will be requested to stay, and you will be monitored in the unit for at least one hour or

until you are fully awake until the effect of the anesthesia wears off.

- In case you have undergone any intervention or treatment procedure, you will have to stay, and you will be monitored in the unit for at least two hours or until you are fully awake and stable.
- Your blood pressure, pulse, and oxygen level will be monitored until you are fully awake.
- You may feel a slight sore throat and slightly abdominal bloating; however, this is normal after the procedure, and it will disappear after a short time.
- In case of using a local anesthetic for the throat, you will not be allowed to eat or drink until the anesthetic's effect wears off for at least one hour.
- The specialist or whoever performed the endoscopy will discuss any significant findings and the next treatment step if needed.

- The injection will be removed from your hand before exiting, and you will be given post-endoscopy instructions.

In case you have any further inquiries, please consult your physician and nursing staff prior to discharge.

### **Special Instructions after the Endoscopy:**

- Do not eat or drink for two hours after the procedure.
- Start with sips of water or cool and clear liquids.
- Do not drive or operate heavy machinery or even make a "legally binding" decision, or care for young children or dependents alone until you have a good rest and sleep.

- It is important to relax for the rest of the day. You can return to normal activities on the next day.
- You will be given sick leave for only one day (the day when the endoscopy is performed).

### Symptoms you may Experience over the Next 24 Hours:



- Moderate abdominal pain, excessive gas, or a feeling of bloating, which will be improved with rest, drinking fluids, eating light meals, and walking as much as possible.
- Drowsiness or forgetfulness due to the medication you were given. You may not remember that you had the procedure, and this is normal.
- Feeling of numbness in the throat for an hour.
- You may feel a slight discomfort in your throat for 24 - 48 hours.

- You may experience some discomfort in your chest.
- Redness in the place of the IV injection, which you can treat with warm compresses.

Please Call the Endoscopy Unit in case any of the following problems occurs during the hospital working hours, or proceed to the Emergency Department if any of the following appears after the working hours:

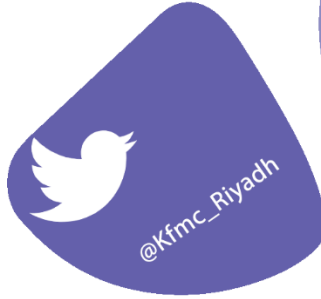


- Vomiting or hematemesis.
- Worsening of abdominal pain or cramping.
- Shivering with breathing and coughing.
- Fever (temperature higher than 38 ° C) or chills.
- Worsening redness at the injection place.

# لأن الوعي وقاية ..

إدارة التثقيف الصحي

Gastroenterology and Hepatology Department



HEM1.21.0001150

