



**2465 Emerald Place, Greenville NC 27834
(p): 252-758-2424**

UPPER ENDOSCOPY

You have been asked to undergo a procedure called an upper endoscopy, which is an examination that enables your physician to examine the lining of the esophagus, stomach and duodenum (first portion of small intestine).

This procedure is performed using an endoscope. The endoscope is a narrow, flexible tube with a camera on the end. It is passed through the mouth and the back of the throat into the upper digestive tract. The endoscope does not affect your breathing. Abnormalities that are too small to be seen by x-ray can be identified and/or abnormalities seen on an x-ray can be confirmed with this procedure. If the physician performing the procedure sees anything suspicious he/she can pass an instrument through the endoscope and take a small tissue biopsy. You will be sedated with medication through an I.V.

Due to the medication you receive, **YOU WILL NEED SOMEONE TO DRIVE YOU TO AND FROM THE FACILITY**. Your driver is required to stay for the entire duration of the procedure.

If you take medications such as Aspirin, Coumadin, Eliquis, Pradaxa, Effient, Heparin, Aggrenox or Plavix please consult with your prescribing doctor about how long you can safely stop these medications prior to your procedure. You must stop any anti-inflammatory type drugs including, Ibuprofen, Motrin, Advil, Naproxen, Mobic and Celebrex 5 days prior to your procedure.

If you take any blood pressure medication or medication for chronic pain, you may take these the morning of your procedure with a SIP of water.

PREP INSTRUCTIONS

You may have clear liquids up to 6 hours prior to your procedure. Examples listed on the following page.

Appointment Date: _____

Report to AGEC/ Vidant at: _____

Procedure is schedule to start at: _____

PROVIDER: Thomas Sturgis, M.D., F.A.C.P ♦ Raetta Fountain, M.D.

EXAMPLES OF CLEAR LIQUIDS:

AVOID ANY LIQUIDS THAT ARE RED OR ORANGE IN COLOR

- Water (plain, carbonated or flavored)
- Fruit juices **without** pulp, such as apple or white grape
- Lemonade
- Carbonated drinks, including dark sodas (cola or root beer)
- Jell-O
- Tea or coffee **without** milk or cream
- Sports drinks, such as Gatorade or Power Aid
- Clear, fat free broth (bouillon or consommé)
- Hard candy, such as lemon drops or peppermints
- Ice pops **without** milk, bits of fruit, seeds or nuts
- Any foods not on the above list should be avoided