Gastroenterology Associates–UPMC

You have been scheduled for a gastroscopy
Affiliated with the UPMC Digestive Health and Endoscopy Center

You have been scheduled for a gastroscopy

Patient: ________________________________

Physician: ______________________________

Reason: ________________________________

Date: ________________________________

Time: __________________ AM  PM

Please arrive no later than __________________ AM  PM

Your procedure location:

- **UPMC Shadyside**
  
  Park in the South Aiken Street garage and report to the GI Laboratory on the first floor of the east wing of the hospital. Bring your parking ticket for reduced parking validation.

- **UPMC Surgery Center Monroeville**
  
  125 Daugherty Drive
  Monroeville, PA 15146
  Phone: 412-374-9385
  Parking is Free

- **UPMC Digestive Health and Endoscopy Center**
  
  1000 Integrity Drive, Suite 110
  Pittsburgh, PA 15235
  Phone: 412-342-0036
  Parking is Free

- **UPMC South Hills Surgery Center**
  
  1300 Oxford Drive
  Bethel Park, PA 15102
  Phone: 412-851-8762
  Parking is Free

- **UPMC East**
  
  2775 Mosside Blvd
  Monroeville, PA 15146
  Phone: 412-357-3400
Appointment Cancellation
- If you are unable to keep your appointment, please call within 72 hours of your appointment time so if appropriate, we may accommodate other patients who are waiting.
- Failure to call in a timely manner may result in a cancellation charge.

Medical Information and Insurance
- Please bring your insurance card and all medical information/forms that we mailed to you.
- Call in advance if your insurance changes.

General Instructions
- Dress in comfortable clothes and do not wear tight undergarments.
- Please be considerate of other patients and staff, especially those who have asthma or allergies, and do not wear fragrance, perfume, cologne, and/or anything scented.
- Please let us know if you have any special needs, such as use of a wheelchair.

Monitored Anesthesia or Conscious Sedation
- Since you will receive intravenous sedation medications, you must have someone with you who will take (drive) you to your home. Failure to bring someone with you will result in the cancellation of your exam. You cannot take ACCESS, a taxi, or a bus, unless someone accompanies you and escorts you all the way home.
- You will be instructed not to drive until the following day.

Diet Instructions
You must be fasting for eight (8) hours prior to your gastroscopy. You cannot have any food, drinks, etc., until after your exam.

Stop These Medications
- Blood Thinners: Call your prescribing physician for permission to stop three (3) days prior to exam
- Aspirin: Stop three (3) days prior to exam
- Vitamin E: Stop three (3) days prior to exam
- Herbs: Stop seven (7) days prior to exam. Examples of herbal medications:
  > Echinacea
  > Flax Seed
  > Garlic
  > Ginkgo
  > Ginseng
  > Glucosamine Chondroitin
  > Fish Oil
  > Saw Palmetto
  > Ocuvite

Medical Instructions
- If you are scheduled to take medication while you are fasting before your gastroscopy, you should take only heart, blood pressure, breathing, and anti-seizure medications. You may take these medications with a small amount of water up to four (4) hours prior to your exam.
- Take all other medications after the exam.
- There are no restrictions on inhalers, nasal sprays, or eye drops. If you use a rescue inhaler, bring it with you.
- If you have diabetes, call your prescribing physician for instructions. Since you are fasting for eight (8) hours, your physician may hold or reduce your dose of insulin. If you need to treat “low blood sugar,” you can drink a clear liquid such as apple juice, up to four (8) hours prior to your exam.
Gastroenterology Associates–UPMC

You have been scheduled for a gastroscopy

Affiliated with the UPMC Digestive Health and Endoscopy Center

Special Instructions

- No solid food for eight (8) hours prior to your procedure time.
- You may have clear liquids, breath mints, and/or chewing gum for up to eight (8) hours prior to your procedure time.

What Does Gastroscopy Involve?

A nurse will place a catheter in a vein in your arm or hand so that your physician can give you medication to keep you comfortable and lightly sedated during the exam. Your throat will be sprayed with a local anesthetic and you will be positioned on your left side. The physician will pass a thin, flexible tube called a gastroscope, through your mouth and into your esophagus (swallowing tube in your throat). This will not interfere with your breathing. The gastroscope allows the physician to visualize your esophagus, stomach, and duodenum (first part of your small intestine). This generally takes about 15 minutes.

During the exam, the physician may take a piece of tissue, called a biopsy, or remove a polyp with tiny instruments that are inserted through the scope. These procedures usually will not cause more discomfort. Tissue samples are sent to the lab for inspection by a pathologist. Your physician also may take a picture of the exam findings for documentation in your chart.

Gastroscopy is generally very safe, but as with any invasive procedure, complications (including perforation, bleeding, infection, and excessive sedation) have been known to occur. Your physician will talk to you before the exam and address any of your questions or concerns.

Following the Exam

You will remain in the recovery area until you are alert. Your physician will explain what was seen during the exam and discuss your plan of care. A nurse will provide written instructions before you are discharged.

Our Physicians:

- M. Samir Ayasso, MD
- Farhad Ismail-Beigi, MD
- Su Min Cho, MD
- Wendy M. Craig, DO
- Tina Musahl, MD
- Hitendra R. Patel, MD

Locations:

- **UPMC Shadyside Physician Office Building**
  - 5200 Centre Ave., Suite 312
  - Pittsburgh, PA 15232
  - 412-621-7777

- **Integrity Office Building**
  - 1000 Integrity Drive, Suite 110
  - Pittsburgh, PA 15235
  - 412-342-0036

- **UPMC Physician Building**
  - 400 Oxford Drive, Suite 100
  - Monroeville, PA 15146
  - 412-621-7777

- **South Hills Office**
  - 1300 Oxford Drive, Suite 1D
  - Bethel Park, PA 15102
  - 412-621-7777