## 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** 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

ІРМС LIFE CHANGING MEDICINE

## Gastroenterology Associates-UPMC

Affilated with the UPMC Digestive Health and Endoscopy Center

### **Our Physicians:**

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

# For information or to schedule an appointment

**UPMC Physician** 

400 Oxford Drive,

Ph: 412-621-7777

Fax: 412-683-8698

**South Hills Office** 

1300 Oxford Drive,

Bethel Park, PA 15102

Ph: 412-621-7777

Fax: 412-683-8698

Suite 1500

Monroeville, PA 15146

Building

Suite 100

call one of our offices.

### **UPMC Shadyside Physician Office Building**

5200 Centre Ave., Suite 312 Pittsburgh, PA 15232 Ph: 412-621-7777 Fax: 412-683-8698

#### **Integrity Office Building**

1000 Integrity Drive, Suite 110 Pittsburgh, PA 15235 Ph: 412-342-0036 Fax: 412-342-0041

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## Gastroenterology Associates-UPMC

You have been scheduled for a gastroscopy

UPMC Surgery Center Monroeville, Digestive Health and Endoscopy Center, and South Hills Surgery Center are outpatient facilities. If there is a medical need for admission to a hospital, a transfer will be arranged.

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ffiliated with the UPMC Digestive Health and Endoscopy Center

## **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.
- Do not wear jewelry, including body piercing jewelry. You will be required to remove all jewelry prior to your procedure.
- Do not wear nail polish or any perfume, cologne, or anything scented.
- Please let us know if you have any special needs, such as use of a wheelchair or an interpreter.

### **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:

> Ginseng

- > Echinachea > Ginkgo
- > Flax Seed

> Garlic

> Saw Palmetto

> Fish Oil

> Glucosamine
> Ocuvite
Chondroitin

## **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 (sip) of water when you wake up.
- 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 eight (8) hours prior to your exam.

## **Special Instructions**

- No solid food or liquids after midnight prior to the day of your procedure.
- Remain NPO (nothing by mouth).
- No chewing gum, breath mints, or hard candy.

### What Does Gastroscopy Involve?

A nurse will place a catheter in a vein in your arm or hand so that your physician and/or CRNA 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 for 30 minutes or longer, if needed, 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.