

Gastroenterology Associates-UPMC

You have been scheduled for a gastroscopy

Affiliated with the UPMC Digestive Health and Endoscopy Center

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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 Mossdale Blvd
Monroeville, PA 15146
Phone: 412-357-3400

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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
 - > Ocuville

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.

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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