



Digestive & Liver Disease Consultants, P.A.

Comprehensive Gastrointestinal & Hepatology: Consultative, Endoscopy & Motility Services

Your procedure is scheduled for the MORNING / AFTERNOON of

If you have any questions regarding your prep or the procedure and/or need to reschedule during business hours (8am-430pm Mon-Fri), please reach us on your patient portal or you call our office at:

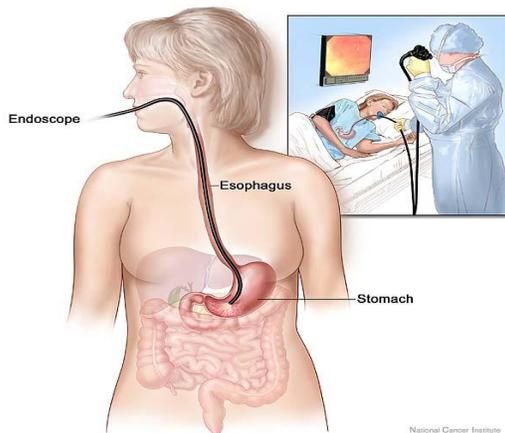
You can reach _____, MA at 281-453 _____ OR

@GIMED.NET

Otherwise please CALL OR TEXT 281-440-0101 if you have questions or concerns after hours.

Upper Endoscopy

The term "endoscopy" refers to a special technique for looking inside a part of the body. "Upper GI" is the portion of the gastro-intestinal tract, the digestive system, that includes the esophagus, the stomach, and the duodenum, the beginning of the small intestine. The esophagus carries food from the mouth for digestion in the stomach and small intestine. Upper endoscopy is a procedure performed by a gastroenterologist, a well-trained specialist who uses the endoscope to diagnose and, in some cases, treat problems of the upper digestive system. The endoscope is a long, thin, flexible tube with a tiny video camera and light on the end. By adjusting the various controls on the endoscope, the gastroenterologist can safely guide the instrument to carefully examine the inside lining of the upper digestive system.



The high-quality picture from the endoscope is shown on a TV monitor; it gives a clear, detailed view. In many cases, upper endoscopy is a more precise examination than X-ray studies.

Upper endoscopy can be helpful in the evaluation or diagnosis of various problems, including difficult or painful swallowing, pain in the stomach or abdomen, and bleeding, ulcers and tumors. Tiny instruments can obtain tissue samples, coagulate (stop) bleeding sites, dilate or stretch a narrowed area, or perform other treatments.

Before the Procedure

Give your doctor a complete list of all the medicines you are taking including over-the-counter medications and natural supplements and any allergies you have to drugs or other substances. Your medical team will also want to know if you have heart, lung or other medical conditions that may need special attention before, during or after the upper endoscopy. It is especially important to discuss the taking of diabetic medications and anticoagulants (sometimes called blood thinners) with your physician before the test to determine if the medications you are on should be taken or not prior to the upper endoscopy.



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Prepare for the Test

5-7 Days Before the Procedure Pls Stop the below Medications-

- Blood Thinners
- Phentermine
- Ozempic/Wegovy/Trulicity/Bydureon/Monjaro

Refraining from Smoking and Chewing Tobacco:

The sooner you refrain from smoking, the greater your chances are of avoiding surgery-related complications. It is especially important not to smoke on the day of your surgery. Fortunately, the body begins to heal within hours of your last cigarette. Twelve hours after a person refrains, his or her heart and lungs already begin to function better as nicotine and carbon monoxide levels drop. It takes less than a day for blood flow to improve, which reduces the likelihood of postoperative complications. We recommend patients abstain from smoking for as long as possible before and after their procedure, but even quitting for a brief period is still beneficial.

ONLY TAKE BLOOD PRESSURE MEDICATION WITH A SMALL SIP OF WATER ON THE MORNING OF PROCEDURE

Morning Procedure: Nothing by mouth after midnight.

Afternoon Procedure (arrival time of 10am or later): You may have 1-2 cups of a clear liquid of your choice **but nothing by mouth 4 hours prior to your arrival time.**

Day of the Procedure

Your upper endoscopy will be performed at a special outpatient surgical center. You will register upon your arrival at the front desk, you will then be escorted to the pre op assessment area where you will be asked to change into a surgical gown. You will be asked to sign a form which verifies that you consent to having the procedure and that you understand what is involved. If there is anything you do not understand, ask for more information. An intravenous line, or IV, will then be established to administer fluids and anesthesia. You will then have a consultation with your anesthesiologist who may ask you certain questions pertaining to your specific health conditions. The anesthesiologist assessment will allow him to provide you the precise individualized care you will need while sedated. You will be taken on a hospital bed into the endoscopy suite and connected to the vital monitoring devices. Once you are comfortable, anesthesia will be administered by the anesthesiologist. Once you are sedated, a supportive mouthpiece will be placed to help you keep your mouth open during the endoscopy and your gastroenterologist will gently maneuver the endoscope into position. As the endoscope is slowly and carefully inserted, air is introduced through it to help your gastroenterologist see better. During the procedure, you feel no pain and it will not interfere with your breathing. Your gastroenterologist will use the endoscope to look closely for any problems that may require evaluation, diagnosis or treatment. In some cases, it may be necessary to take a sample of tissue, called a biopsy, for later examination under the microscope. This, too, is a painless procedure. In other cases, the endoscope can be used to treat a problem such as active bleeding from an ulcer. On average, the procedure takes only 15 to 20 minutes to perform.

Possible Complications

Years of experience have proved that upper endoscopy is a safe procedure. Complications rarely occur. These include perforation, puncture of the intestinal wall that could require surgical repair, and bleeding, which could require transfusion. You may develop swelling and/or redness at the site of the I.V. where the sedation was given. Apply a warm compress to the area to reduce discomfort.



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After the Procedure

Afterwards, your vitals will be monitored and you will be cared for in a recovery area until most of the effects of the sedation medication have worn off. At this time, your doctor will inform you or a family member about the results of your upper endoscopy and provide any additional information.

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME (UBER/LYFT/TAXI IS not ALLOWED) as the medication given for sedation will not allow you to drive for 12 hours. (If you are over the age of 60 your driver must remain at the surgical center the duration of your visit due to fall precaution protocols)

Due to the after effects of the sedation you are advised: *Not to return back to work the day of your procedure, Not to operate any machinery (including kitchen equipment), and Not to drink any alcohol for at least 12 hours following the test.* Occasionally, minor problems may persist, such as minor sore throat, bloating or mild cramping, which should disappear in 24 hours or less. When you return home, you may resume your regular diet unless directed otherwise. You may also plan to return to regular activities on the next day. A day or so after you are home, you may receive a call from a member of the outpatient surgical center team for a follow-up care interview.

The surgery center will confirm your ACTUAL arrival time the day prior to your procedure. They can be reached at 281-440-5797.

Procedure Cancellations / No Show Policy-

In order to provide the most efficient scheduling to our patients, we need to keep appointment cancellation and “no show” activity to a minimum. In order to do this, we are implementing cancellation and “no-show” fees that will be charged to the patient if procedures are cancelled without proper advance notice, or if the patient does not show up for a scheduled procedure. Cancellation Notice Requirement: Two (2) business days advance notice. Failure to provide the required advance notice will result in a cancellation fee and/or “no show” fee of \$50.00.

Memorial Hermann North Houston Endoscopy & Surgery, L.P, (NHES)

275 Lantern Bend, Ste 400 Houston, Tx 77090 Ph: 281-440-5797 ext. 4100

Please allow yourself 3 to 4 hours of available time when coming in for a procedure.

Pre-registration is required, please see the attached forms to pre-register online or go to www.Nh-esc.com. Please contact the facility concerning your benefits for the facility.

