

## UPPER GI ENDOSCOPY EXAM- Morning Instructions

After careful medical assessment, your doctor has recommended that you have an upper GI endoscopy. During this procedure, a flexible fiberoptic tube (endoscope) is passed through the mouth and throat into the upper digestive tract. This procedure allows the doctor to examine the lining of the esophagus. (Food tube), stomach, and the duodenum (the first portion of the small intestine) and to identify any abnormalities.

**ONE WEEK PRIOR TO PROCEDURE: You must stop ALL GLP-1 medications. This includes Wegovy, Zepbound, Ozempic, Rybelsus, Monunjaro, and any Semaglutide.**

All dentures and eyeglasses must be removed prior to the start of the procedure. You may prefer to remove contact lenses at this time.

You will be asked to sign a consent form authorizing the doctor to perform the procedure. Please let the doctor and GI nurse know if you are allergic to any medications.

A needle for intravenous (IV) medicines will be placed in your vein prior to the procedure. Medicine will be injected through this needle that will make you feel sleepy and relaxed. Your doctor may also spray your throat or ask you to gargle with numbing medicine. As you lie on your left side, the doctor will place a small mouthpiece between your teeth. You will be able to breathe normally.

The doctor will then help you to swallow the flexible endoscopy tube, and he will examine the lining of the esophagus, stomach, and duodenum. A biopsy specimen (tiny piece of tissue) may be taken for microscopic examination. You will not feel any sensation or discomfort when the biopsy is performed. Many people do not recall any of the procedure because of the effect of the medicine, and after the procedure, you will probably feel drowsy and may fall asleep for a short period of time. The doctor will discuss findings with you, and the GI nurse will give you instructions to follow at home.

Upper GI endoscopy is associated with low risk when performed by the right physician who has been specially trained and experienced in the procedure. Any questions will be answered by the doctor or nurse.

You will need to arrange transportation home after the procedure. **YOU CANNOT DRIVE. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.** If you take BLOOD THINNERS, please discuss this with the doctor.

Test Date: \_\_\_\_\_  
Arrival time: \_\_\_\_\_

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