

## UPPER GI ENDOSCOPY (ONLY) INSTRUCTIONS

*-If you are also undergoing colonoscopy and gastroscopy, please ignore these instructions and see instructions for morning or afternoon colonoscopy*

### General instructions

To ensure the stomach is empty to your procedure, you must not eat or drink within 6 hours of your procedure, unless you have been instructed otherwise by your doctor.

You may eat and drink normally up to 6 hours prior to the procedure.

If you are having a morning procedure this means having nothing to eat or drink after 2am on the day of the procedure. For an afternoon gastroscopy you may eat an early light breakfast (before 7am) and then nothing to eat or drink.

Your procedure may be delayed or cancelled if you have eaten or drunk within 6 hours of procedure.

### After the procedure

You will be able to eat and drink 30 mins after your procedure and will be discharged after 1.5 to 2 hours. You will not be able to drive and will need to be collected by a friend or relative

## What are the side effects of endoscopy?

The most common side effect is feeling bloated. Some people have nausea because of the medicines used before the procedure. If this happens to you, your doctor can give you medicine to make the nausea better. Most people can eat as usual after the procedure.

Other rare side effects that can occur include:

- Food from the stomach getting into the lungs
- Bleeding, for example, after a growth is removed
- Getting a tear in the digestive tract lining
- Having redness or swelling of the skin around the IV

## Should I call my doctor?

Call your doctor or nurse immediately if you have any of the following problems after your upper endoscopy:

- Belly pain that is much worse than gas pain or cramps
- A bloated and hard belly
- Vomiting
- Fever
- Trouble swallowing or severe throat pain
- Black bowel movements
- A “crunching” feeling under the skin in the neck