



Eureka Medical Clinic

General And Specialist Practitioners
DR. HESKITH VANTERPOOL & ASSOCIATES

Name of Patient:

Date of Procedure:

Name of Procedure: Upper Gastrointestinal (GI) Endoscopy
(Gastroscopy/EGD)

What Is an Upper Gastrointestinal (GI) Endoscopy?

Upper Gastrointestinal (GI) Endoscopy is a test where your doctor looks inside your esophagus (throat), stomach and the duodenum (first part of the small intestine) for any abnormalities (things that are not normal). These abnormalities may include bleeding, ulcers, infections or irritation that can cause nausea, vomiting, or difficulty swallowing.

The doctor gives you medicines to make you sleepy and relaxed for this test. A thin flexible tube with a camera on its tip (called an endoscope) is then slowly passed through your mouth into the throat, stomach, and upper intestine. This test **does not hurt** because the endoscope is smaller than a piece of food you might swallow. The endoscope allows the doctor to see inside of your GI tract.

Preparation for Your Upper Endoscopy

Your stomach must be completely empty to do this test. Please follow these instructions (sometimes called "the Prep") on what to do about your foods, drinks, and medicines, so that you will properly ready/prepared for your test. The prep is very important for the doctor to see the whole GI tract. Follow the prep carefully.

Before Your Upper Endoscopy

- DO NOT eat or drink anything after midnight (before the test) unless your doctor tells you otherwise.
- For your comfort, the doctor gives you medicine before your test that makes you sleepy. For your own safety and for the safety of others, You should not drive or work with machinery until the day after your test.

- **For your safety, make sure someone can drive you home after your test..**
Note: If you come to the clinic for your test and you do not have a ride home, you will have to re-schedule your test.

During Your Upper Endoscopy

- You will be asked to sign a consent form that says you understand the test you are having. This is a good time to ask questions about your test.
- The nurse puts an intravenous line (IV) in a vein in your arm. This is to give you fluid and medicine to make you comfortable.
- The nurse asks questions about your health and any medicines you take. Tell your doctor or nurse if you are allergic to any medicines, or if you are taking aspirin or anticoagulant (blood thinning) medicine.
- **You meet with your doctor right before your upper endoscopy. Please tell the doctor or nurse about any special needs you may have.**
- The doctor gives you some medicine in your IV that makes you sleepy. Your doctor may spray your throat with an anesthetic to make you more comfortable.
- During the upper endoscopy, you may feel a little discomfort. The endoscope does not get in the way of your breathing. Tell the doctor or nurse if you are uncomfortable.

After Your Upper Endoscopy

- You stay in a recovery room for 30 minutes to one hour.
- Your nurse gives you instructions on how to take care of yourself at home. You will get a written copy to take with you.
- **Your driver needs to pick you up from the clinic one hour after your test.**
- The nurse can call your driver and tell them where and what time to pick you up.
- Your nurse will call you a day or two after your test to ask how you are.

Contact Information:

Dr. Nabeal Morcos or Dr. Heskith Vanterpool
Eureka Medical Clinic
Geneva Place, Road Town
Tortola, VG1110
British Virgin Islands
Tel : 284 494 2346 Fax: 284 494 6755
www.eurekamedicalclinic.com

If you are not able to keep your appointment, please let us know as early as possible, but in any case unless 24 hrs in advance.