



PATIENT & CAREGIVER EDUCATION

About Your Upper Endoscopy

This information will help you get ready for your upper endoscopy.

An upper endoscopy is a test to look at your esophagus (food pipe), stomach, and the first part of your small intestine. During your upper endoscopy, your healthcare provider will use a flexible tube called an endoscope to see the inside of your esophagus, stomach, and small intestine on a video screen.

Your healthcare provider can also take a small sample of tissue (do a biopsy) or remove a polyp (growth of tissue) during your procedure.

1 Week Before Your Procedure

Ask about your medications

You may need to stop taking some of your medications before your procedure. Talk with your healthcare provider about which medications are safe for you to stop taking. We have included some common examples below.

Anticoagulants (blood thinners)

If you take a blood thinner, such as to treat blood clots or to prevent a heart attack or stroke, ask the doctor who prescribes it for you when to stop taking it. See below for examples of common blood thinners.

Blood thinners

If you take a blood thinner (medication that affects the way your blood clots), ask the healthcare provider performing your procedure what to do. Whether they recommend you stop taking the medication depends on the type of procedure you're having and the reason you're taking blood thinners.

Examples of Blood Thinners			
apixaban (Eliquis®)	dalteparin (Fragmin®)	meloxicam (Mobic®)	ticagrelor (Brilinta®)
aspirin	dipyridamole (Persantine®)	nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Advil®, Motrin®) or naproxen (Aleve®)	tinzaparin (Innohep®)
celecoxib (Celebrex®)	edoxaban (Savaysa®)	pentoxifylline (Trental®)	warfarin (Jantoven®, Coumadin®)
cilostazol (Pletal®)	enoxaparin (Lovenox®)	prasugrel (Effient®)	
clopidogrel (Plavix®)	Fondaparinux (Arixtra®)	rivaroxaban (Xarelto®)	
dabigatran (Pradaxa®)	heparin (shot under your skin)	sulfasalazine (Azulfidine®, Sulfazine®)	

Medications for diabetes

If you take insulin or other medications for diabetes, ask the healthcare provider who prescribes your medication what you should do the morning of your procedure. You may need to change the dose before your procedure.

If you take metformin (such as Glucophage® or Glumetza®) or a medication that contains metformin (such as Janumet®), don't take it the day before or the day of your procedure.

Tell your healthcare provider if you have an AICD

Tell your healthcare provider at Memorial Sloan Kettering (MSK) if you have an automatic implantable cardioverter-defibrillator (AICD). If you have this device, you'll need to have your procedure done at Memorial Hospital (MSK's main hospital).

Get a letter from your doctor, if needed

- If you have an automatic implantable cardioverter-defibrillator (AICD), you'll

need to get a clearance letter from your cardiologist (heart doctor) before your procedure. A clearance letter is a letter that says you can safely have the procedure.

- If you've had chest pain, dizziness, trouble breathing, or have fainted in the last 6 weeks, you need to be checked by your doctor, and get a clearance letter from your doctor before your procedure.

Your MSK doctor's office must have your clearance letter at least 1 day before your procedure.

Arrange for someone to take you home

You must have a responsible care partner take you home after your procedure. A responsible care partner is someone who can help you get home safely and report concerns to your healthcare providers, if needed. Make sure to plan this before the day of your procedure.

If you don't have a responsible care partner to take you home, call one of the agencies below. They'll send someone to go home with you. There's usually a charge for this service, and you'll need to provide transportation. It's okay to use a taxi or car service, but you must still have a responsible care partner with you.

Agencies in New York

Partners in Care: 888-735-8913

Caring People: 877-227-4649

Agencies in New Jersey

Caring People: 877-227-4649

3 Days Before Your Procedure

An endoscopy nurse will call you between 8:00 AM and 6:00 PM 3 days before your procedure. They'll review the instructions in this guide with you and ask you questions about your medical history. The nurse will also review your medications and tell you which medications to take the morning of your procedure.

Use the space below to write them down.

The Day Before Your Procedure

Note the time of your procedure

A staff member will call you after 12:00 PM (noon) the day before your procedure. The staff member will tell you what time you should arrive for your procedure. If you're scheduled for your procedure on a Monday, they'll call you the Friday before. If you don't get a call, call your healthcare provider's office.

If you need to cancel your procedure, call the healthcare provider who scheduled it for you.

Instructions for eating before your procedure



Do not eat anything after midnight the night before your procedure. This includes hard candy and gum.

The Day of Your Procedure

Instructions for drinking before your procedure



You can drink a total of 12 ounces of water between midnight and 2 hours before your scheduled arrival time. Do not drink anything else.

Do not drink anything starting 2 hours before your scheduled arrival time. This includes water.

Things to remember

- Take only the medications your healthcare provider told you to take the morning of your procedure. Take them with a few sips of water.

- Don't put on any lotion, cream, powder, makeup, perfume, or cologne.
- Remove any jewelry, including body piercings.
- Leave valuable objects (such as credit cards and jewelry) at home.
- If you wear contact lenses, wear your glasses instead.

What to bring

- A list of the medications you take at home, including patches and creams.
- Your rescue inhaler (such as albuterol for asthma), if you have one.
- A case for your glasses.
- Your Health Care Proxy form, if you have completed one.

Where to go

Your upper endoscopy will take place at one of these locations:

- Endoscopy Suite at Memorial Hospital (MSK's main hospital)**
1275 York Avenue (between East 67th and East 68th Streets)
New York, NY 10065
Take the M elevator to the 2nd Floor. Enter the Endoscopy Suite through the glass doors.
- MSK Monmouth**
480 Red Hill Road
Middletown, NJ 07748

What to expect

Once you arrive

Once you arrive, you'll be asked to state and spell your name and date of birth many times. This is for your safety. People with the same or similar names may be having procedures on the same day.

After changing into a hospital gown, you'll meet your nurse. They'll place an intravenous (IV) catheter into one of your veins, usually in your hand or arm. The IV will be used to give you anesthesia (medication to make you sleep) during your

procedure. You may also get fluids through the IV before your procedure.

You'll talk with your doctor before your procedure. They'll explain the procedure and answer your questions.

During your procedure

When it's time for your procedure, you'll go into the procedure room and be helped onto an exam table. Your healthcare provider will set up equipment to monitor your heart, breathing, and blood pressure. You'll get oxygen through a thin tube that rests below your nose. You'll also get a mouth guard placed over your teeth to protect them.

You'll get anesthesia through your IV, which will make you fall asleep. Once you're asleep, your doctor will pass the endoscope through your mouth, down your esophagus, into your stomach, and into your small intestine. Your doctor will take biopsies if needed, then remove the endoscope.

After Your Procedure

Your nurse will continue to monitor your heart, breathing, and blood pressure. You may feel soreness in your throat. If you do, it should go away in 1 to 2 days.

Once you're fully awake, your nurse will remove your IV. Your nurse will explain your discharge instructions to you before you go home.

At home

Don't drink alcoholic drinks for 24 hours (1 day) after your procedure.

When to Call Your Healthcare Provider

Call your healthcare provider if you have any of the following:

- A fever of 101 °F (38.3 °C) or higher
- Chest pain or shortness of breath (difficulty breathing)
- Severe pain, hardness, or swelling in your abdomen (belly)

- Blood in your vomit (throw up)
- Weakness, faintness, or both
- Any other questions or concerns

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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