

Gastroenterology Associates-UPMC

You have been scheduled for a gastroscopy

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UPMC Digestive Health and Endoscopy Center is an ambulatory endoscopy program that is recognized for a high level of specialized care in gastroenterology. Our Center provides:

- **care that is respectful and confidential in a compassionate and professional environment.**
- **accessible and affordable care through the operation of an efficient and cost-effective center.**
- **digestive wellness education and promotion in the community through participation in prevention programs and patient education.**
- **a safe and comfortable environment for patients, visitors, and employees.**

We utilize the latest technology and competency training to provide a high level of cleaning and disinfecting equipment in accordance with standards set forth by the American Practitioners of Infection Controls (APIC).

Patient: _____

Physician: _____

Reason: _____

Date: _____

Time: _____ AM PM

Please arrive no later than _____ AM PM

Your procedure location:

UPMC Shadyside

Park in the South Aiken Street garage and report to the GI Laboratory on the first floor of the east wing of the hospital. Bring your parking ticket for reduced parking validation.

UPMC Digestive Health and Endoscopy Center

1000 Integrity Drive, Suite 110
Pittsburgh, PA 15235
Phone: 412-342-0036
Parking is Free.

UPMC South Hills Surgery Center

1300 Oxford Drive
Bethel Park, PA 15102
Phone: 412-851-8762
Parking is Free.

UPMC East

2775 Mossdale Blvd.,
Second Floor
Monroeville, PA 15146
Phone: 412-357-3400

Our Physicians:

M. Samir Ayasso, MD –
Medical Director

Farhad Ismail-Beigi, MD
Su Min Cho, MD

Wendy M. Craig, DO
Tina Musahl, MD

Hitendra R. Patel, MD

Anesthesia Policy

It is a requirement that the person who accompanies you or the person who brings you to your appointment, stay inside our facility during your procedure since you will be receiving intravenous sedation. You will be in our facility for approximately one and a half (1.5) hours. Due to the sedation, you may not remember what the physician discusses after your test, so it is important to permit the person who is accompanying you to listen to the physician after the procedure.

Appointment Cancellation

- If you are unable to keep your appointment, please call within 72 hours of your appointment time so if appropriate, we may accommodate other patients who are waiting.
- Failure to call in a timely manner may result in a cancellation charge.

Medical Information and Insurance

- Please bring your insurance card and all medical
- Call in advance if your insurance changes.

General Instructions

- Dress in comfortable clothes and do not wear tight undergarments.
- Do not wear jewelry, including body piercing jewelry. You will be required to remove all jewelry prior to your procedure.
- Do not wear nail polish or any perfume, cologne, or anything scented.
- Please let us know if you have any special needs, such as use of a wheelchair or an interpreter.

Monitored Anesthesia or Conscious Sedation

- Since you will receive intravenous sedation medications, you must have someone with you who will take (drive) you to your home. Failure to bring someone with you will result in the cancellation of your exam. You cannot take ACCESS, a taxi, or a bus, unless someone accompanies you and escorts you all the way home.
- You will be instructed not to drive until the following day.

Diet Instructions

You must be fasting for six (6) hours prior to your gastroscopy. You cannot have any food, drinks, etc., until after your exam.

Medical Instructions

- If you are scheduled to take medication while you are fasting before your gastroscopy, you should take only heart, blood pressure, breathing, and anti-seizure medications. You may take these medications with a small amount (sip) of water when you wake up.
- Take all other medications after the exam.
- There are no restrictions on inhalers, nasal sprays, or eye drops. If you use a rescue inhaler, bring it with you.
- If you have diabetes, call your prescribing physician for instructions. Since you are fasting for six (6) hours, your physician may hold or reduce your dose of insulin. If you need to treat "low blood sugar," you can drink a clear liquid such as apple juice, up to six (6) hours prior to your exam.

Stop These Medications

- **Blood Thinners:** Call your prescribing physician for permission to stop three (3) days prior to exam
- **Aspirin, Advil, Ibuprofen:** Stop three (3) days prior to exam
- **Vitamin E:** Stop three (3) days prior to exam
- **Herbs:** Stop seven (7) days prior to exam. Examples of herbal medications:
 - > Echinacea
 - > Flax Seed
 - > Garlic
 - > Ginkgo
 - > Ginseng
 - > Glucosamine
 - > Chondroitin
 - > Fish Oil
 - > Saw Palmetto
 - > Ocuville

Special Instructions

- Clear liquids permitted up to six (6) hours before appointment time.
- No broth or Jell-o the day of your appointment.
- Remain NPO (nothing by mouth).
- No chewing gum, breath mints, or hard candy.

What Does Gastroscopy Involve?

A nurse will place a catheter in a vein in your arm or hand so that your physician and/or CRNA can give you medication to keep you comfortable and lightly sedated during the exam. Your throat will be sprayed with a local anesthetic and you will be positioned on your left side. The physician will pass a thin, flexible tube called a gastroscope, through your mouth and into your esophagus (swallowing tube in your throat). This will not interfere with your breathing. The gastroscope allows the physician to visualize your esophagus, stomach, and duodenum (first part of your small intestine). This generally takes about 15 minutes.

During the exam, the physician may take a piece of tissue, called a biopsy, or remove a polyp with tiny instruments that are inserted through the scope. These procedures usually will not cause more discomfort. Tissue samples are sent to the lab for inspection by a pathologist. Your physician also may take a picture of the exam findings for documentation in your chart.

Gastroscopy is generally very safe, but as with any invasive procedure, complications (including perforation, bleeding, infection, and excessive sedation) have been known to occur. Your physician will talk to you before the exam and address any of your questions or concerns.

Following the Exam

You will remain in the recovery area for 30 minutes or longer, if needed, until you are alert. Your physician will explain what was seen during the exam and discuss your plan of care. A nurse will provide written instructions before you are discharged.

Digestive Health and Endoscopy Center and South Hills Surgery Center are outpatient facilities. If there is a medical need for admission to a hospital, a transfer will be arranged.

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