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Preparation for Upper Endoscopy

Dr. Potts has scheduled you to have an examination of your upper digestive tract by means of a fiber optic flexible endoscope which is easily swallowed. The endoscope is attached to a light source which easily enables him to look at the inside of your esophagus, stomach and first part of the small bowel. With this technique he can evaluate these areas and take biopsies if necessary.

Starting on the day before the procedure only drink liquids for supper and nothing to eat or drink after midnight.

During the procedure you are given a light sedative to make you relax and diminish your memory of the endoscopy therefore you may not remember much of the procedure. An IV is used to give you fluids and medications and your pulse, blood pressure and oxygen level are monitored. Also, a topical anesthetic is given orally to numb your upper throat.

Because of the IV sedation you will not be able to drive for 24 hours therefore you will need a driver to take you home.

After you get home you may be drowsy for some time. You may also have some residual "gas" which may last for several hours. This is normal. Eat a light meal the night of the procedure and you should be able to return to a regular diet the next day. Your throat may be sore for a few days after the procedure. A warm salt water gargle may help.

If you should develop severe abdominal pain, chest pain or fever please inform Dr. Potts immediately.