

## AGA Patient Education Section

### Upper GI Endoscopy

An upper gastrointestinal (GI) endoscopy is a test that allows your doctor to look inside your esophagus (the tube that links your mouth and stomach), stomach, and the first part of your small intestine. The test is performed by a gastroenterologist, who uses a long, thin, flexible tube with a tiny camera on the end. During an upper GI endoscopy, the doctor may take a biopsy (a small piece of tissue to look at under the microscope), but you will not be able to feel it.

An upper GI endoscopy may be used to look for health problems and treat health issues, such as:

- Gastroesophageal reflux disease.
- Ulcers.
- Cancer or a tumor.
- Swelling.
- Celiac disease.
- Low iron.
- Nutritional deficiencies.

The test also can be used to figure out why you are having certain symptoms, such as:

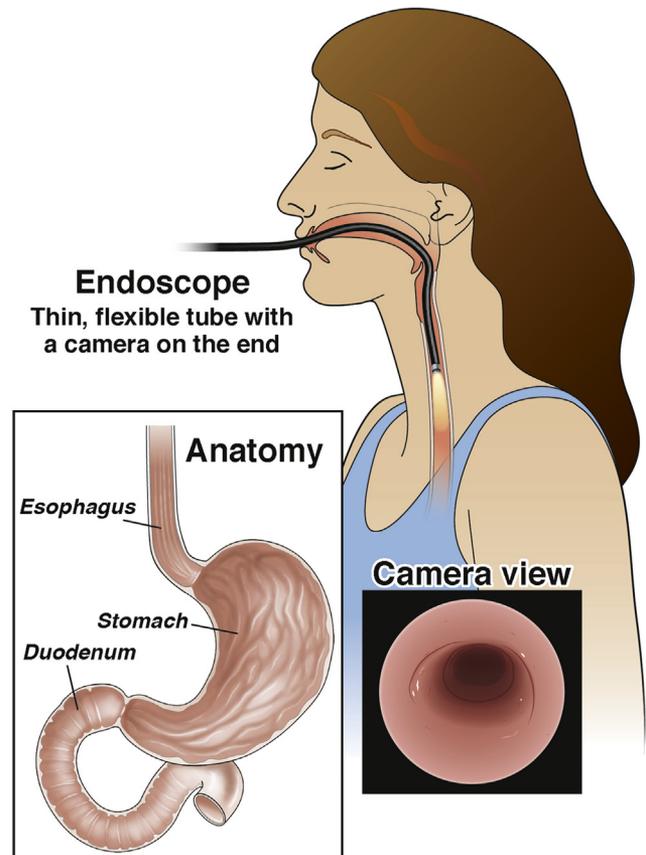
- Heartburn that will not go away.
- Bleeding.
- Throwing up.
- Upset stomach that will not go away.
- Pain.
- Losing weight without trying to.
- Problems swallowing.

#### Before Your Upper GI

Your doctor will give you instructions on how to prepare for your upper GI endoscopy. Be sure to give your doctor a list of all of your medications and allergies. You will be told when to stop eating and drinking before the procedure. Before the test, the doctor may give you medicine to block pain and make you feel relaxed and sleepy. They may start an intravenous line.

#### During Your Upper GI

The endoscope will be passed through your mouth, into your esophagus, and into your stomach and duodenum. None of this should be painful. The doctor may need to take a biopsy specimen, which you will not be able to feel.



#### After Your Upper GI

After the upper GI endoscopy, you will be cared for in a recovery room until you are more alert. The doctor or a nurse will review the results with you and give you any other details you may need. You should plan to rest for the rest of the day and have a friend or family member take you home. You may feel some minor issues, such as a sore throat, swelling, gas, or mild cramps, right after the test. These should go away in less than 24 hours. If biopsy specimens are taken during the procedure, these will be processed and interpreted by the pathologist and your gastroenterologist's office will be back in touch with you within several weeks.

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*For more information on upper GI endoscopies, talk to your gastroenterologist and visit <https://www.gastro.org/practice-guidance/gi-patient-center/topic/upper-gi-endoscopy>.*