

# SSMC

مدينة الشيخ شخبوط الطبية  
Sheikh Shakhbout Medical City

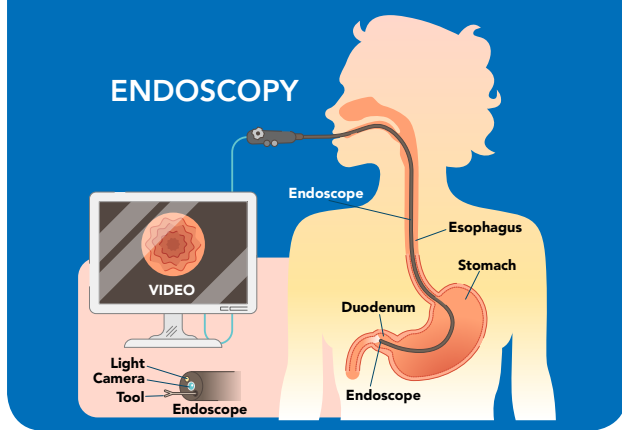
# SSMC

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## Upper Endoscopy



## What is an upper endoscopy?

It is a procedure to visualize the esophagus, stomach and duodenum. During the procedure, we insert a thin flexible tube into the mouth and pass it through the esophagus. The tube is equipped with a camera that transmits images to a video monitor in the examination room.

## When do I need an upper endoscopy?

Whenever you see the below indications, we urge you to consult one of our gastroenterologists:

- Abdominal pain
- Black stool
- Difficulty swallowing
- Vomiting blood



Scan the QR code to book your appointment

## How shall I prepare for upper endoscopy?

- Fast 6 to 8 hours before the procedure
- Discuss all your medications with your physician as you may need to stop some ahead of your scheduled endoscopy

## Sedation for upper endoscopy

You may receive a sedative to help you relax and feel comfortable during your endoscopy procedure. The sedation will be applied through your vein and is called intravenous (IV) sedation.

## What should I do after the endoscopy?

After the procedure, you will be taken to the recovery area where you will stay for approximately 60 minutes. Below are some tips to follow for the rest of the day:

- Arrange for someone to accompany you home
- Rest and resume activity after 24 hours
- Do not drive
- Do not take on the responsibility for children or anyone who depends on your care
- Do not exercise
- Do not drink alcoholic beverages
- You may resume taking your medications, unless otherwise instructed by your physician
- Resume your regular diet when you feel that you are able to do so

## What are the risks and complications?

Serious complications with upper endoscopy are rare, but in case they occur, they might include:

- Bleeding
- Tear in the lining of the gastrointestinal tract
- Infection

## Call 999 for urgent medical care, if you have:

- Persistent abdominal pain with or without bleeding
- High temperature of 38°C or more
- Black or bloody stool