

**WHERE DO
YOU GO**

You are scheduled for this procedure at the:

- PORTLAND ENDOSCOPY CENTER**
161 Marginal Way, Portland, ME 04101
- MAINE MEDICAL CENTER**
22 Bramhall Street
Please stop at the Admitting counter on the ground floor before proceeding to the Endoscopy Unit.
- BRIGHTON MEDICAL CENTER – ENDOSCOPY**
335 Brighton Avenue

Note: If you are having this test at the Maine Medical Center or Brighton Medical Center, please call out-patient registration at 207-662-2433 between the hours of 8:00 AM and 8:00 PM to get pre-registered. If you are being done at PGC, please bring your insurance card.

APPOINTMENT WITH DOCTOR:

- Gene Bakis, M.D.
- Joshua A. Goldman, M.D.
- Douglas A. Howell, M.D.
- Kate F. Kennedy, M.D.
- Alan E. Kilby, M.D.
- Mark R. Lena, M.D.
- Thalia Mayes, M.D.
- G. Alex Millspaugh, M.D.
- James H. Morse, M.D.
- Benjamin B. Potter, M.D.
- Daniil Rolshud, M.D.
- Andreas M. Stefan, M.D.

PREPARING FOR YOUR

Upper Endoscopy

*Please read seven days
before your procedure.*



Portland Gastroenterology CENTER

161 Marginal Way
Portland, ME 04101
(207) 773-7964

www.portlandgastro.com

Location of Procedure: _____

Date: _____ **Arrival Time:** _____

Time of Procedure: _____

Please open and read for preparation instructions.

ABOUT THIS PROCEDURE

A small flexible tube will be passed through the throat and into the stomach and upper intestine. This procedure will allow us to look at the lining of your esophagus, stomach and upper intestinal tract. A biopsy may be taken for further study. During this procedure we may take photographs for your medical record.

The procedure may be mildly uncomfortable, but not painful. You will receive medication before the procedure to reduce discomfort.

If there is a narrow part of the esophagus, stomach or upper intestine, it can be treated by being gently stretched with a dilating device.

You must bring someone who will drive you home 1.5 hours after your appointment time. Your driver must come to the endoscopy unit to escort you to the car. You will not be able to drive, work or conduct important business the day of your procedure. If you need to take a taxi or public transportation you must bring an escort with you.

WHAT ARE THE RISKS

Endoscopy is a standard medical procedure, but all such procedures have some risks. These problems do not happen often.

1. Rarely the instrument may tear the wall of the throat, stomach or upper intestine. This may require surgery.
2. There may be adverse drug reactions or heart/breathing complications.
3. In rare instances, bleeding may occur usually when tissue or polyps are removed. This may mean being admitted to the hospital for additional care which may require a transfusion or surgery.

If you are allergic to anything, especially medicines, or have other medical problems, be sure to tell us.

GETTING READY

It is very important to follow these instructions:

1. Do not take aspirin or other medication with aspirin in it for _____ days before your procedure. See "The No Aspirin Guide" for medicines containing aspirin. You may use Tylenol.
2. Take all other medications including blood pressure and heart medications.
3. Please call the office immediately if
 - ▼ you are a diabetic and take insulin or other medication for diabetes
 - ▼ you are pregnant
 - ▼ you are on Coumadin, Plavix, Warfarin, Ticlid, or other blood thinners
 - ▼ you have an artificial heart valve, internal cardiac defibrillator (ICD), prior history of heart valve infection or you require antibiotics before medical procedures.
4. Do not eat solid food for eight (8) hours before procedure. You may drink clear liquids (i.e. chicken/beef bouillon, ginger ale, apple/white grape juice, etc.) up to three (3) hours before your procedure, then nothing at all.
5. Please leave all jewelry at home.

CANCELLATION/RESCHEDULE POLICY

Please note that our procedure time is limited, and that many patients are waiting to see our physicians. As a courtesy to those patients, please notify our office at least two weeks in advance if you are unable to keep your appointment.