

Preparing for Your Upper Endoscopy with Biopsy

(For Kids and Parents)

What is an Upper Endoscopy with Biopsy?

An upper endoscopy is a special test that helps doctors look inside your throat, stomach, and the first part of your small intestine. A tiny camera on the end of a long, flexible tube (called an endoscope) is gently guided through your mouth to take a look. Sometimes, the doctor will take a small sample (called a biopsy) to check for any problems.

How Do I Get Ready?

Here's what you need to know to prepare for your upper endoscopy with biopsy:

1. Fasting (No Eating or Drinking)

You will need to fast (not eat or drink) before the test. This is really important so your stomach and throat are empty, which makes the test safer and easier to do.

- **For Kids under 12 years old:**
 - **No eating** after midnight before the test.
 - **No drinking** anything (including water, juice, or milk) after midnight before the test.
 - If your doctor gives you special instructions for any medicine, follow those carefully.
- **For Kids 12 years and older:**
 - **No eating or drinking** for at least 8 hours before your test. Your doctor might give specific instructions about drinking small amounts of water for any needed medicines.

2. Medications

If you're taking any medications, your doctor will tell you if it's okay to take them on the day of the test. Some medicines may need to be skipped before the procedure. Always check with your doctor or nurse.

3. What Happens on the Day of the Test?

- **Arrive at the hospital or clinic:** Make sure you arrive on time for your scheduled appointment.

- **Pre-test preparation:** A nurse will check your height, weight, and vitals (like heart rate). You'll also get an IV (a small needle) in your arm to help give you medicine to keep you relaxed and sleepy during the test.
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4. The Procedure

You'll be given a special medicine (sedation) to help you relax and sleep through the test. Most kids don't remember anything about the procedure because they are asleep.

- The doctor will gently guide the endoscope through your mouth, down your throat, and into your stomach. It's not painful, but you might feel some pressure or discomfort.
 - If your doctor needs to take a biopsy (a small tissue sample), it will feel like a small pinch or tug, but it won't hurt.
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5. After the Test

When the procedure is finished, you'll be moved to a recovery area to rest until the medicine wears off. You might feel a little groggy or sleepy, and that's normal.

- **Eating and Drinking:** Once you're fully awake, you can start drinking small amounts of water. You might feel a little sore in your throat, but this should go away soon.
 - **Going Home:** After your recovery time, you'll be ready to go home, but you'll need someone to drive you since the sedation will still be in your system.
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6. How Will I Feel Afterward?

After your test, you might feel a little sleepy or have a sore throat for a few hours. It's also normal to feel a little bloated or gassy because of the air that was put into your stomach during the test. You can rest at home, and you should be back to your normal self the next day!

Important Reminders:

- **Talk to your parents and doctor** if you have any worries or questions.
- **Follow all fasting and medication instructions carefully** to help the test go smoothly.
- **Have someone with you** to take you home after the procedure since the sedation can make you sleepy.