



You are scheduled for an upper GI enteroscopy at UNC Health Care. Please read the following information carefully.

What is an enteroscopy?

An enteroscopy is a test to examine the esophagus, stomach, and first and second parts of the small intestine. Just before the procedure starts you will gargle with medicine to numb your throat. You will then be given medications to make you sleepy. The doctor will pass a flexible tube that has a small camera and headlight to see the inside of your esophagus, stomach, and small intestine on a TV monitor. The doctor can take biopsies of any abnormal areas. You will wake up shortly after the test. Most people do not remember having the procedure.

How to prepare for an enteroscopy?

One week before the enteroscopy:

- You should stop taking non-steroidal anti-inflammatory (NSAID) medications, such as ibuprofen, Motrin, Aleve, Advil, and Naproxen.
- You may continue to take aspirin if your doctor recommended you ordinarily take it. If no doctor has ever recommended aspirin then you should not take any aspirin starting 7 days before the procedure.
- If you take Plavix (Clopidigrel), Coumadin (Warfarin), or other blood thinning/anticoagulation medicines then you should discuss what to do with your doctor. Our prep nurse (984-974-5050) will help coordinate this.

One day before the enteroscopy:

- If you have diabetes we recommend you take only one-half the dose of long acting insulin (e.g., Lantus) the night before the enteroscopy.
- Do NOT have any solid food after 11:59PM the night before the enteroscopy.

The day of the enteroscopy:

- *What to eat:* you cannot eat any food, suck candy, or chew gum until after the enteroscopy is over.
- *What to drink:* You may drink water, black coffee (without sugar, milk or cream), apple juice, soda pop, or club soda. Stop drinking these liquids at least 3 hours before the enteroscopy.



- *Medications:* do NOT take any medication for diabetes or diuretics (such as lasix/furosemide) You may take your other medications with a small amount of liquid up to four hours before the procedure.
- *What to bring:* please bring a list of your medications.
- **Arrive at least 60 minutes before your scheduled appointment.**
- You must be accompanied by an adult who can drive you home after the test. **The exam will not be done unless a person at least 18 years old comes with you and stays in the GI Procedure waiting room during the exam.**
- You should expect to spend up to 4 hours in our procedures unit, longer if you are scheduled to have an additional test done on the same day.

After the enteroscopy:

After the enteroscopy is completed we will observe you in a recovery area for approximately 30 minutes. Before you leave, the doctor will explain the results of the exam, and also give you a report and instructions. If you received sedative medications then the person who came with you must sign you out and drive you home. You cannot drive or go back to work for at least 12 hours. If you were not given medication for sedation, you will be able to walk, drive or take a van, bus or taxi after the exam.

If you have any questions or need to reschedule your exam please call 984-974-5050. If you have an urgent question between 4:00PM -7:30 AM please page the GI fellow on call at 984-974-1000.