

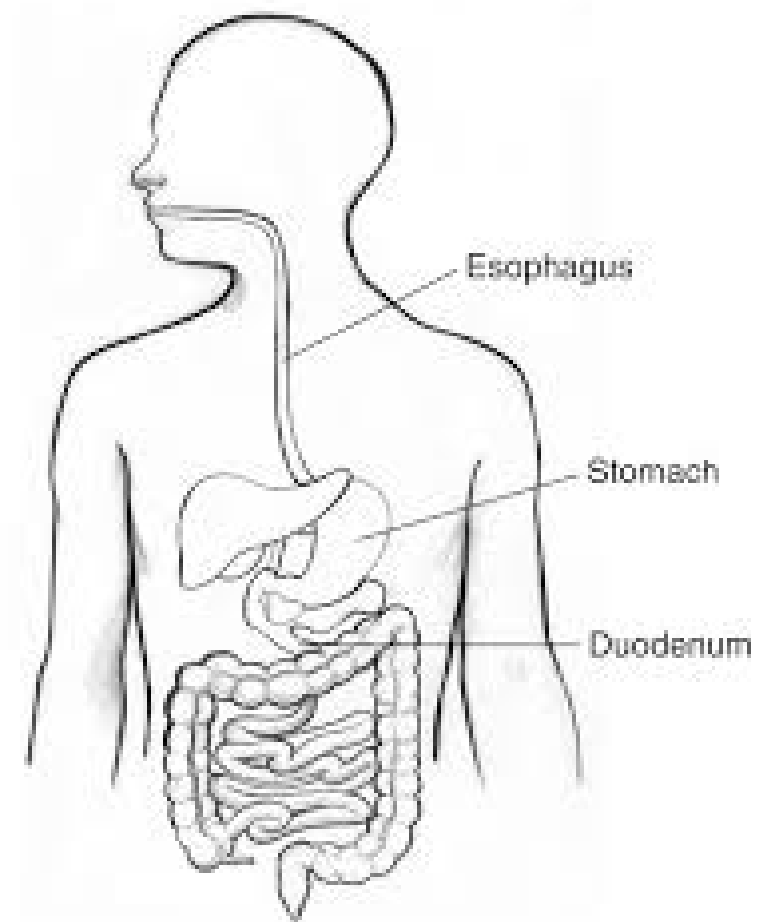
What to expect during your upper endoscopy

Welcome to Michael Garron Hospital



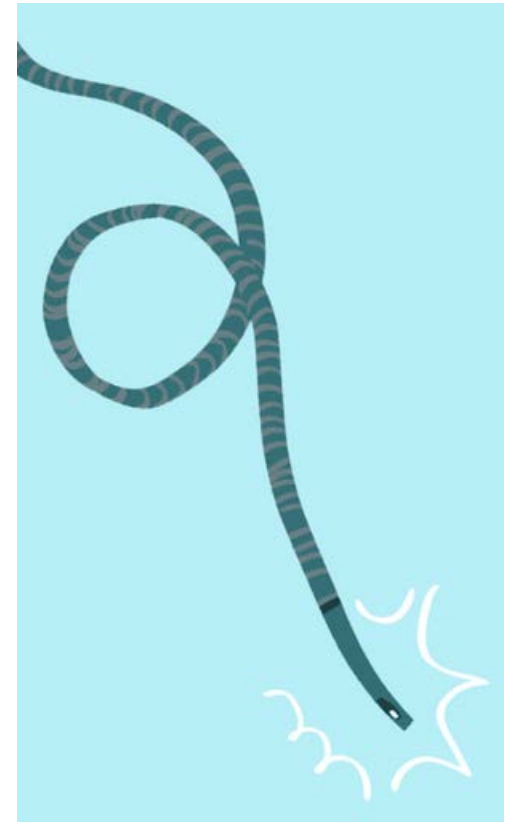
What is an **Upper Endoscopy**?

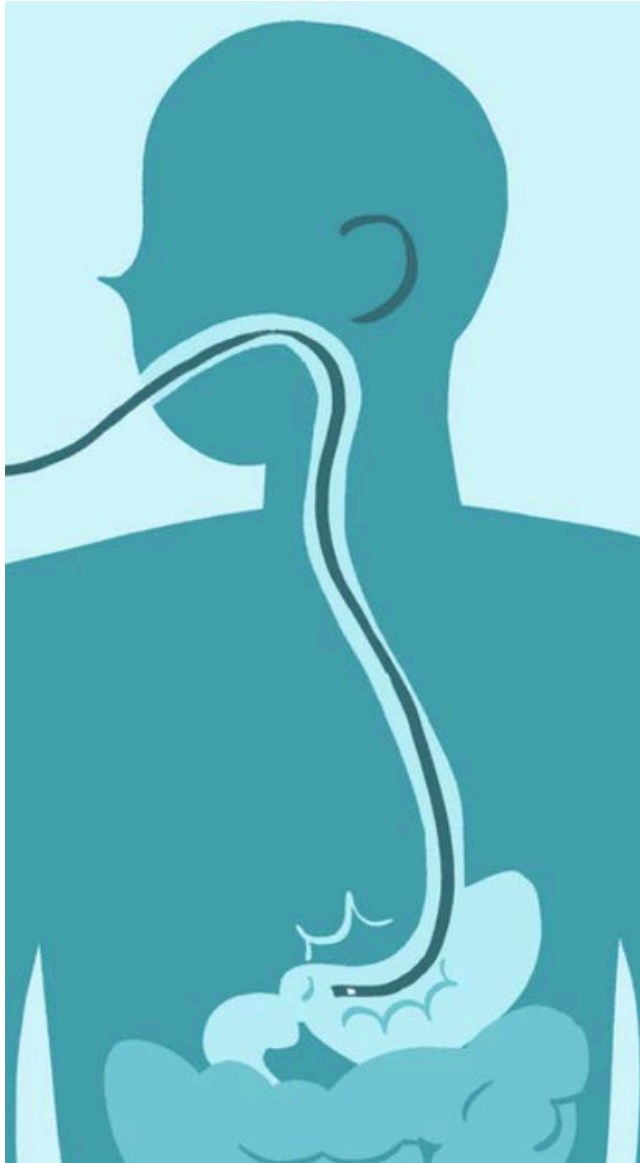
An **upper endoscopy** is a procedure to look inside your **esophagus** (the tube that swallows your food), **stomach**, and **duodenum** (top of your small intestine).



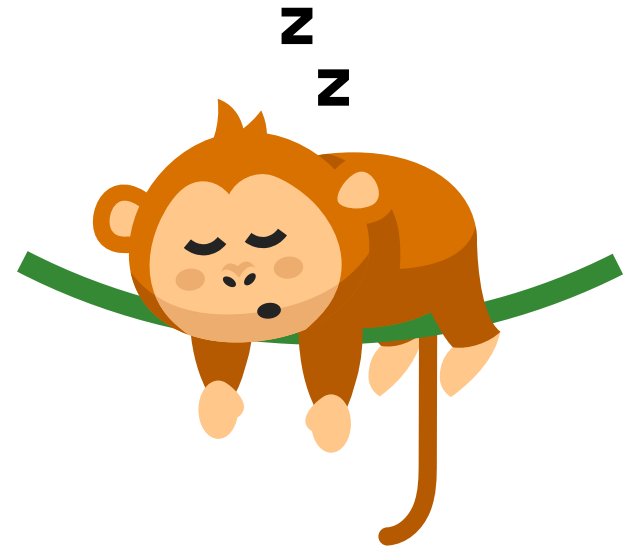
The doctor will use a long, bendy tube with a tiny camera on the end, called an **endoscope**, to take pictures of the inside of your stomach.

They will also take small pieces of tissue, which is called a **biopsy**.





You will be asleep during your endoscopy.



A special kind of sleep doctor, called an **anesthesiologist**, will give you sleep medicine, called **anesthesia**.

While you are asleep you will not see, hear, or feel and you will not remember anything about the procedure. This is called **Sedation**.

For sedation, you may receive your anesthesia by **mask, IV, or both**. Your anesthesiologist will determine what is best for your body.



A **mask** goes over your mouth and nose.

A tube attached to the end will deliver your anesthesia as air.



The anesthesiologist
will help hold the
mask on your face.

An **IV (or intravenous)** is a bendy tube that goes into your vein. It acts like a tiny straw that can give your body water or medicine (like anesthesia!)



The **numbing cream** helps you not feel the poke as much!



On the day of your procedure, you will come to the **G7 pediatric unit** with your caregivers.

One of our friendly nurses will meet you at the front desk and sign you in.



The nurse will bring you to a big room to take your **vitals**.

They will use:

- a **thermometer** to take your temperature. This will go under your armpit.
- a **blood pressure cuff**. This will feel like a tight hug on your arm.
- a soft clip with a red light called a **pulse oximeter** on your finger.
- a **scale** to check your weight.





Blood pressure cuff



Oxygen Monitor

You will be given a hospital gown to wear.



The nurse may put some numbing cream on your hands called **ametop**.

This will help when you get your anesthesia later.





You can wait for your procedure with your caregivers in our playroom. We have lots of activities and things to do, like crafts and boardgames!

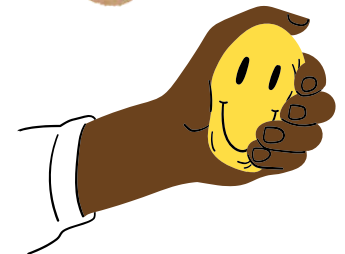
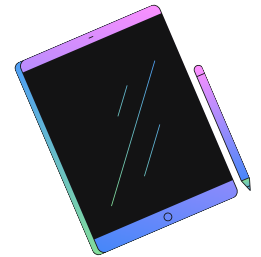
You may meet one of our Child Life Specialists who will tell you what to expect for your day.



You can ask them any questions you have or tell them if you have any worries or wonders.

You and your Child Life Specialist can work on a coping plan which can help you stay calm and relaxed. When you get anesthesia, you may choose to:

- listen to music
- watch a show on an iPad
- talk to the doctors about your favourite things to do!
- hold a stress ball/ soft comfort item
- ask the nurses to tell you everything they are doing beforehand
- count, sing a song, or close your eyes and think of your favourite place!





A nurse will come to check your bracelet and will ask for your name and birthday.

They will walk with you and your caregivers to our operating waiting room.

You can bring any activities you were working on in our playroom to the operating waiting room too!

Your anesthesiologist and the doctor who will be performing your procedure will meet with you and your caregivers.

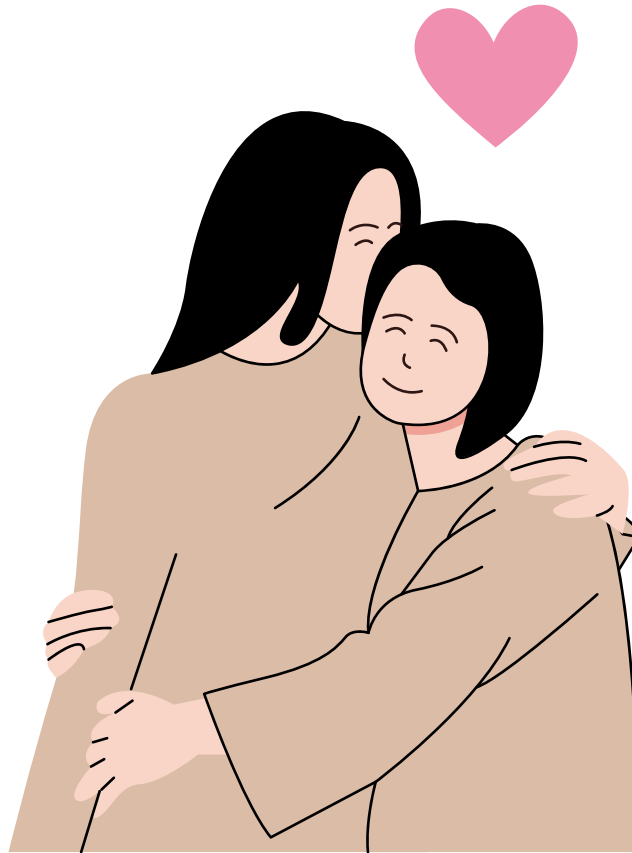
They will ask you some questions and you can ask them anything you are wondering or worried about.



A nurse will come to walk you into the procedure room. They will check your wrist band one more time. They may give you a soft blue cap to cover your hair.



You will give a big hug to your caregivers and say “see you later!” They will be waiting for you right outside when you are done.



The nurse will walk you down the hallway to your OR room.



This is what our procedure rooms look like.



You will see your anesthesiologist, the doctor who will be performing your procedure and some other friendly nurses in the room.

When you get into the room, your nurse will:

- ask you to lie down on the bed and cover you with a warm blanket
- put a **blood pressure cuff** and **pulse oximeter** on you
- place some soft stickers on your chest and back
- place a soft strap across your waist, like a seatbelt



Now it is time for your anesthesia (sleep medicine)!

If you are getting a **mask**, the anesthesiologist will put the mask over your nose and mouth and ask you to take deep breaths.

The anesthesia may smell a little stinky.



If you are getting an **IV**, the anesthesiologist will take off the numbing cream and clean the area with cold wipes. They will put an elastic band around your arm and gently insert the IV.

When they give you the anesthesia, you may feel some tingling in your arm.



You will wake up in the recovery room after your procedure. There will be other patients waking up there as well.



One of your caregivers can join you there and you can have popsicles, juice, and water.



When you wake up,
you will have an **IV**
taped on your hand.

You may feel sleepy
from the anesthesia
but this will go away
after a few hours.

When you are more awake, the nurses will take you back to the G7 Pediatric Unit.

The nurse will remove the stickers on your chest and take out your IV. Then it's time to go home!



GREAT JOB!

