

What is an Endoscopy?

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An **endoscopy** is a test that allows the doctor to examine the upper part of your **digestive tract** which contains your **esophagus**, **stomach** and the **first part of your small intestine**. The doctor will take some pictures of your upper digestive tract.

Why it's important to have an Endoscopy?

Your doctor wants you to have this procedure because you have been having trouble with your digestive system. This test may help give you some useful information.

Your job during an Endoscopy.

You will be taking a quick nap, with help from a medicine called **anesthesia**, during your Endoscopy. You will not wake up during the procedure and will not remember any of it. When you are done, the medicine will start to wear off and you will wake up.

What happens when you have an Endoscopy?

Steps:

-You will be asked to change into **hospital pajamas**.

-The nurse will check your **vital signs**—weight, temperature, heart rate (stethoscope on heart & lungs), pulse and oxygen level (light on finger), as well as blood pressure (hug on arm).

-The child life specialist or nurse will explain what will happen during your visit today and answer any questions that you may have.

-**Numbing cream** will be offered to help numb your skin for an **IV** that will be needed to give your body anesthesia medicine. **Check out our steps for getting an IV.**

- Now you are ready to go to the 4th floor endoscopy area, where your pictures are taken. A nurse will walk you and your family up the **private elevator** and introduce you to the team upstairs. Everyone is very friendly!

-**This room** has a machine that looks like video game systems stacked on top of each other. There is a TV screen connected. This machine connects to a special camera which look at your **digestive system**.

-The nurse will place **monitors** back on your body, so that your body will communicate with the doctors while you are getting anesthesia medicine; **blood pressure cuff** on arm/leg , **pulse oximeter** on finger/toe, **EKG stickers** on chest and side. You are also welcome to try on our **mouth guard**. It helps to keep your mouth open just slightly, so the **scope (tiny light and tiny camera)** can go in to take a quick look and picture of your upper digestive tract.

-The **Anesthesiologist** is a doctor who gives medicine to help you take a special nap for your pictures. The doctor will put some medicine into the end of your **IV**. Some kids like to see how high they can count before the anesthesia does it's job. The medicine going into your IV might feel a bit cool, a bit warm or you may not feel it at all.



-Your caregiver can be with you until your body begins to take an anesthesia nap. After your eyes close, your caregiver(s) will head out to the [waiting room](#).

-Once finished with your pictures, you and your bed will be moved to the [recovery room](#) which is a small room made private with a curtain. This is where you will wake up with your caregiver(s) by your side. The doctor will chat with your caregiver about the examination and pictures afterward. The nurse will take your IV out. You will have something to drink and finally change back into your clothing.

-It is helpful to take a wheelchair ride to the car, as it is a long walk and you will feel a bit groggy and off balance for a few hours.

Things that can help when having an IV prior to an Endoscopy.

Helpful Hints:

-Ask about available [numbing cream](#) and other pain control options. This may include application of Emla cream (1-hour prior) or by requesting LMX cream (30 minutes prior), the use of [Buzzy Bee](#) or [Sweet-Ease](#) (if less than 18 months.)

-[IV Education](#) with a Child Life Specialist.

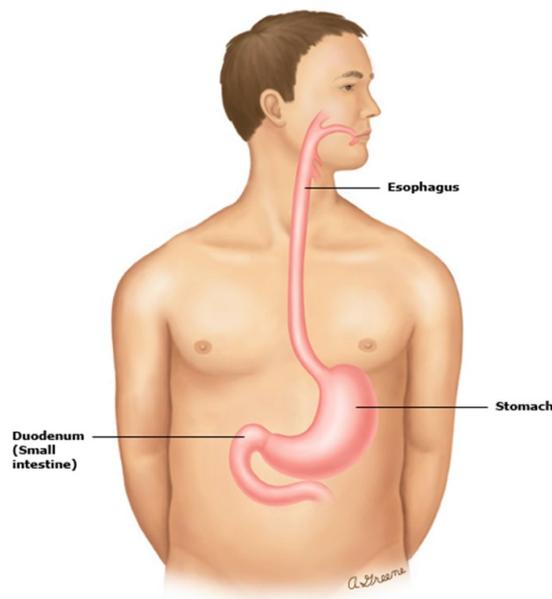
[Comfort positioning](#)

-Blocking the Sight with an [I-Spy Board](#), iPad or book.

-[Distraction](#) such as pop tubes, music, bubble timers or singing.

-Breathing Reminders and/or Counting; “Breathe in on 1,2 and out on 3.”

Body Systems



Steps for an Endoscopy



Hospital Pajamas



Vitals—Temp. across forehead, Blood Pressure (hug on arm), Weight, Heart Rate & Pulse (light on finger)



Numbing cream



IV Steps



IV placement



Elevator to procedure room on 4th Floor



Procedure room



Light on finger , Hug on arm, Heart monitor stickers, Mouth guard placed



Anesthesia medicine in IV



Pictures during anesthesia nap



Recovery room & Review with Doctor



Wheel chair ride to the car

