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Introduction:

Gastroscopy is a fast and comfortable way to examine the upper part of the intestinal tract, the esophagus, stomach, and first part of the small bowel, the duodenum. The examination utilizes state of the art, fiberoptic technology to answer questions about inflammation, polyps, ulcers, bacterial infections, and many other possible problems.

The entire examination from start to finish will usually take less than fifteen minutes. Just prior to the exam, you will be given a small amount of a sedative medication through an intravenous injection. This is provided by Comfort Anesthesia, PC.

This group of anesthesiologists are specialists in the latest techniques of office based gastrointestinal endoscopy and work with me on a daily basis.

Although often expected, the thin flexible fiber instrument does not make you choke or gag during the procedure. You will be relaxed, comfortable and completely pain free during the examination.

Preparation:

The stomach must be empty for a complete, fast and safe examination. You may not have any food after midnight, and only clear liquids are permissible up to six hours prior to your examination. You should take all of your routine early morning medications with a small amount of water upon rising.

If you are diabetic, and routinely take pills to control your blood sugar, do not take your diabetes medicine in the morning. Bring it with you, and you will take it with your first meal after the examination. If you use insulin to control your blood sugar you should discuss the dosing for the day of the examination directly with Dr. Adler.

If you routinely take blood thinners such as Coumadin, Warfarin, or Heparin, they usually should be discontinued several days prior to the examination, and this should be discussed directly with Dr. Adler.

After The Examination:

You will be required to rest under observation in the office for at least 30 minutes after the examination. The sedative medication will wear off quickly and most people feel back to normal by the time they are dressed and ready to leave the office. You may eat and usually resume all of your regular medications right after the procedure. Most patients go right to work or about their usual day. However sedative medications can affect reflexes and concentration. You may not drive a car, motorcycle, bicycle or exercise or play any sports following your examination.