

Upper Endoscopy for Pediatric Patients

Patient: _____ Appointment Date: _____

Arrival Time: _____ am/pm Procedure Time: _____ am/pm

Location: **Mankato Surgery Center – Wickersham Health Campus**
1411 Premier Drive, Mankato MN 56001

The Mankato Clinic requires all patients, caregivers or essential companions to be screened and masked upon entering all of our locations. Please bring a mask with you to your next appointment. If you do not have a mask, one will be provided. If you are unable to keep your appointment or have questions, please call (507)389-8529.

Patient Admissions will contact you a few days prior, to the procedure, with a few general medical questions and to go over any additional instructions. You may pre-register your child at One Medical Passport website <https://www.onemedicalpassport.com/?fid=1032>

What is a Gastroscopy (Upper Endoscopy)?

Your child's provider has recommended an Upper Endoscopy (also called an esophagogastroduodenoscopy or EGD). This is a procedure where the provider looks directly into the esophagus, stomach and upper small intestine with a narrow bendable tube, mounted with a camera and a light. This procedure is used to help determine why children may be experiencing stomach pain, diarrhea, vomiting, difficulty swallowing or to remove objects that may be swallowed. The provider may take very small tissue samples, the size of a pin head.

Please tell your provider if you are:

- Pregnant or think you may be pregnant.
- Diabetic. Your provider will instruct you about taking your diabetes medications. You may need to check blood sugar more frequently.
- On anti-inflammatory (NSAIDS) such as Ibuprofen, Advil, Motrin, Naproxen, Aleve or Aspirin.
- On a blood thinning medication (Coumadin, Warfarin, Plavix, Jantoven, Lovenox, etc.), please make sure your healthcare provider is aware of this **before** your colonoscopy. Certain medications may need to be temporarily stopped prior to your procedure.
- Continue to take all other prescribed medications as usual unless changed by your provider. (During prep time take with small sips of water)
- Call the Children's Health Center (507)389-8529 with any questions.

How do I prepare for the procedure:

Your child is scheduled for a sedated procedure. They may not drive or operate machinery for 12 hours after. A responsible adult driver (over 18) must accompany them to the Mankato Surgery Center and remain in the waiting room during the procedure and recovery period. We recommend that someone remain with them for 24 hours after they are discharged. **Patients are not allowed to leave by taxi, bus or walk home unless accompanied.**

Day of Procedure:

- The morning of the procedure your child should not **eat or drink anything 6 hours** before his/her procedure.
- Babies may be breastfed up to **4 hours** prior to the procedure start time.
- The stomach should be completely empty for best results. If the stomach isn't empty, the procedure may have to be rescheduled
- Wear loose-fitting comfortable clothing.

- If your child has a prescription inhaler, please bring this with you.
- Follow the Mankato Surgery Center's pre-surgery instructions for children for further instruction.
- Report to: **Mankato Surgery Center, 1411 Premier Drive, Mankato, MN 56001.**

What will happen during the procedure:

Your child will be given medication to help him/her sleep. Although Mankato Surgery Center strives to remain on schedule, please understand that some procedures take longer than others. As a result, your child's procedure may not be performed at the exact time he/she is scheduled for. The staff at the Mankato Surgery Center requests your patience and will keep you informed.

What to expect after the test:

Your provider may have pictures to show you. At the same time, they can tell your family if there are any medications your child should take. Once they are able to drink fluids, your child may start eating again. A few children feel sick after the procedure and may be watched a little longer.

Contact your child's provider if they experience:

- Stomach pain for more than an hour. Most children feel fine after the test but some may experience mild stomach pain.
- Vomiting several times. To make sure this isn't a problem, try to have your child drink small amounts of liquid such as Sprite, 7-up or Ginger Ale. Or try having him/her eat a little bit of a Popsicle.
- Have bleeding. Spitting up small amounts of blood may be normal. However, if there is more than a spoonful or it lasts longer than 1 day, contact the provider.
- Your child has a persistent fever.
- Sore Throat. They may have a sore throat for day or two after the test. If the pain is really bad or does not go away, contact their provider.