

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions

上腸胃道鏡之護理指導

Sir/Lady:

Nursing Instructions for upper gastrointestinal endoscopy

- I. Purpose: To assess the extent of ulcer damage to the esophagus, stomach, and duodenum tissues. Biopsy may be taken if necessary. Other treatments, such as testing for helicobacter pylori and treatment to stop bleeding, may also be performed.
- II. Examination method:
 - (1) Before the examination, the nurse in the endoscopy room will administer medication to you to reduce oral and gastric secretions.
 - (2) Lie on your side during the examination.
 - (3) An anesthetic spray will be applied to your throat; please hold it in your mouth for 1-2 minutes without spitting it out.
 - (4) While lying on your side on the examination table, you will be asked to bite on a mouthpiece.
 - (5) The doctor will insert the endoscope through your nose or mouth and gradually into the stomach. During insertion, take deep breaths and relax. When the tube reaches your throat, perform a swallowing motion. If you feel the urge to vomit, take deep breaths to help alleviate discomfort.
 - (6) The examination typically lasts about 10-15 minutes, but the time may vary depending on the purpose of the exam.
- III. Precautions:
 - (1) Please fast for 6-8 hours before the examination:
If the examination is in the morning, fast after 24:00, including water, food, and antacids.
If the examination is in the afternoon, fast after breakfast, including water, food, and antacids.
 - (2) Before the examination, please empty your bladder and remove glasses and removable dentures.
 - (3) After the doctor explains the procedure, please fill out the consent form.
- IV. About 30 minutes after the examination, you may drink a small amount of water. If you are not choked and do not feel discomfort, you can resume eating. It is normal to experience some throat discomfort after the examination, which should subside within 2-3 days. You may rinse with saline solution to help alleviate any discomfort.

If you are still unclear about something or have any questions, please contact the nursing station in the ward