

Upper Endoscopy with PEG Tube Placement

How to prepare and what to expect

Your procedure is scheduled for _____, _____, at _____
DAY DATE TIME

How to Prepare

7 Days Before	5 Days Before	On Procedure Day
<p>Date:</p> <ul style="list-style-type: none"> • If you take blood-thinning medicines such as Coumadin (warfarin) or Plavix (clopidogrel): <ul style="list-style-type: none"> - Call the doctor who prescribed these medicines. - Tell the doctor that you are having a PEG tube placed, and the date of your procedure. - Ask for special instructions for your blood-thinning medicines. • Cancellations: If you need to cancel or reschedule your procedure, call 206. _____. • Transportation: You must have a responsible adult ready to take you home after your procedure. <ul style="list-style-type: none"> - You cannot drive on the day of your procedure. You cannot take a taxi or bus unless you have a responsible adult to ride with you. - Your test may be cancelled if you arrive at the hospital without a responsible adult to drive you home. - Your driver must be in our waiting room about 2 hours after your appointment time. If you need to stay in the hospital overnight, your driver may go home until the next day. 	<p>Date:</p> <p>If you have diabetes:</p> <ul style="list-style-type: none"> • Call the provider who manages your diabetes medicines. • Tell the provider that you are having a PEG tube placed, and the date of your procedure. • Ask for special instructions for your diabetes medicines. 	<p>Date:</p> <ul style="list-style-type: none"> • Do not eat anything after midnight the night before your procedure. • As soon as you get up in the morning, take your morning medicines with water. • Until 2 hours before your procedure, you can drink clear fluids (fluids you can see through). These include juice (apple, grape, or cranberry), broth, black coffee, tea without milk, sports drinks, soda, or Jell-O (green or yellow only). • Leave your valuables at home, or keep them safe with your driver or escort. <p>What to bring to your appointment:</p> <ul style="list-style-type: none"> • Your driver or escort • A list of all medicines you currently take • Photo ID, insurance care, and co-pay, if needed • All the medicines you are currently taking, in case you need to stay in the hospital overnight <p>At the hospital:</p> <p>You will need to remove all jewelry and piercings before the procedure. If possible, leave these at home.</p>

Locations and Parking

Maps and parking rates are included with this handout.

Harborview Medical Center

GI Endoscopy Suite
Maleng Building, 8th Floor
410 Ninth Ave., Seattle, WA 98104
206.744.3519

Parking 24 hours a day, 7 days a week in the Ninth and Jefferson Garage (P2) off James and Terry.

University of Washington Medical Center

Digestive Health Center
Surgery Pavilion, 3rd Floor
1959 N.E. Pacific St., Seattle, WA 98195
206.598.4377

From N.E. Pacific St., follow the signs to the Emergency Room. At the stop sign, enter the Surgery Pavilion Parking Garage on the left. After parking in the garage, take the elevator to the 3rd floor. Turn right into the Digestive Health Center.

Questions?

Your questions are important. Please call if you have questions or concerns. Weekdays between 8 a.m. and 5 p.m., call the clinic where your procedure is scheduled. After hours and on weekends and holidays, call the Community Care Line at Harborview, 206.744.2500.

What is an upper endoscopy?

An upper endoscopy lets your doctor look at the lining of your *esophagus* (the tube that goes from your mouth to your stomach), your stomach, and the first part of your small intestine.

During the exam, a flexible tube, about the width of a little finger, will be placed into your mouth and down into your stomach and small intestine. This tube will not get in the way of your breathing.

What is a PEG tube?

PEG stands for *percutaneous endoscopic gastrostomy*. During your procedure, a PEG tube will be placed in your abdomen. The tube lets us put nutrition, fluids, and medicines directly into your stomach.

What to Expect

- A local *anesthetic* (numbing medicine) will be injected into your abdomen.
- You will also receive a *sedative* (relaxation medicine) to help you relax. This medicine will be given to you through an *intravenous* (IV) tube in your vein.
- Most patients fall asleep. If you do not fall asleep and feel some discomfort, tell us so that we can help make you more comfortable.
- Your doctor will then make a small incision in your abdomen and insert the PEG tube.
- The procedure itself will take only about 30 minutes, but your appointment will last longer than that, to give you time to prepare for your procedure and recover afterward.
- Most patients can go home after their upper endoscopy, but some need to stay overnight in the hospital. When you wake up, you will either be discharged or go to a hospital unit to spend the night.