



## Caring for your child at home after an **UPPER ENDOSCOPY**

*Dear Parents, your child has just had an upper endoscopy. Upper Endoscopy is a procedure that involves passing a scope (flexible tube) through the esophagus (food pipe), stomach, and into the small intestine. It is to observe the lining (wall) of those structures. A biopsy from the lining of the esophagus, stomach or intestine may also be done. This is normally not painful because the mucosal lining of the intestinal tract does not have nerve endings. This following information will help ensure your child has a safe recovery after leaving the hospital.*

### Care after the procedure

- The back of the throat might be sprayed with medication to dull the gag reflex. If it will be the case, caution must be taken when your child starts eating or drinking. The nurse in the Post-Anesthesia Care Unit (Recovery Room) will check for the return of the gag reflex before introducing fluid or food to your child.
- Your child may complain of abdominal fullness or discomfort. This is due to the air that was injected into the gastrointestinal tract during the procedure. Walking or lying down on the right side is some of the ways to get relief from this discomfort.

### Pain management

- Give acetaminophen (Tylenol® or Tempra®) every 4 hours if needed, but no more than 5 doses total in 24 hours. Next dose may be given only at \_\_\_\_\_ hours.
- Other medications might be prescribed. **It is very important to follow the exact dosage and frequency prescribed.**
- Refer to other instructed pain management information.

### When will life go back to normal?

- **Activity:** Quiet activities today with close supervision. Normal activities tomorrow.
- **Bathing:** May have a bath or shower tomorrow.
- **Diet:** Give water, apple juice, Popsicle, flat ginger ale or Jell-O for one to two hours. If tolerated, proceed to a soft diet such as soup, yogurt, ice cream and/or cereal, and then advance to a normal diet.
- **School/Daycare:** May go back to school/daycare tomorrow.

### When to call the doctor?

- Pain that does not improve even after giving your child the acetaminophen.
- A fever of 38.5° C (101°F) or higher, within 24 hours after the procedure.
- Problems swallowing or throat pain that persists or gets worse.
- Abdominal pain or bloating that gets worse.
- Persistent vomiting or vomiting with bright blood (more than ½ teaspoon).
- Any change or increase in the original symptoms

### Follow-up

- Your gastroenterologist will call you with the biopsy results in 3-4 weeks.
- Further follow-up will be arranged depending on the results

### Contact Information

**IF CONCERNED, PLEASE CALL THE MONTREAL CHILDREN'S HOSPITAL AT 514-934-1934 AND ASK FOR THE PHYSICIAN ON CALL FOR THE \_\_\_\_\_ GASTROENTEROLOGY \_\_\_\_\_ SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.**

**Disclaimer:** Information provided by this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning the care of your child.