

## UPPER ENDOSCOPY WITH BIOPSIES



You will be called with the date and time of your child or youth's procedure. Please arrive two hours before the start time at CHEO's Day Care Surgery (Level 3).

### Important

If your child or youth is sick the day before the endoscopy, call 613-737-7600 ext. 2447. On weekends, or after 4:00, call CHEO's Admitting Department 613-737-7600 ext. 2310.

Call if your child or youth has:

- a cough or cold
- wheezing
- any contagious disease, like chicken pox, mumps, measles, etc.
- fever
- vomiting or diarrhea



### How do I prepare my child for an upper endoscopy?

#### Babies and toddlers under 2 years old

##### X Your child may not have

- food after midnight

##### ✓ Your child may have

- formula, milk or fortified breast milk up to six hours before surgery
- breast milk up to four hours before surgery
- clear fluid: water, apple juice and nothing else until arrival at CHEO

#### Children and youth (2 years and older)

##### X Your child may not have

- food or milk after midnight

##### ✓ Your child may have

- clear fluid: water, apple juice and nothing else until arrival at CHEO

### What will happen during the endoscopy?

- an anesthesiologist will give your child or youth special IV (intravenous) sleep medicine (anesthetic) to put them to sleep during the procedure – they may also have a breathing tube
- a doctor uses a long, flexible tube (endoscope) to look into the esophagus, stomach and duodenum – small tissue samples (biopsies) will be taken from these areas

### What happens after the procedure?

Your child:

- will wake up in the PACU (post-anesthetic care unit)
- may have a full feeling in the stomach
- may need to burp more than usual
- may have a scratchy throat
- will have an IV until they are able to drink enough fluids

### What happens when we get home?

Your child or youth can gradually go back to a regular diet. Start with clear fluids, then fluids like milk, and then soft foods. Your child can go back to usual activities the day after the endoscopy.

### When can we get the biopsy results?

The results are sent automatically to the doctor who referred you to CHEO. We will follow up with you by phone, or at your next clinic visit if the biopsy results were not normal.

#### Questions?

For questions about the endoscopy or getting ready:

Gastroenterology Nurse Case Manager  
613-737-7600 ext. 2516

To confirm or reschedule the endoscopy:  
GI Procedure Booking Clerk  
613-737-7600 ext. 2447

### Have you registered for MyChart?

MyChart is a **FREE** secure, online patient portal that connects patients to parts of their CHEO electronic health record, anywhere, at any time.

To apply for MyChart access, visit [cheo.on.ca/mychart](http://cheo.on.ca/mychart) and fill out the MyChart access request form. Once your application has been approved, we'll send you an email with an activation code and instructions on how



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### Need more information?

[Cheo.on.ca](http://cheo.on.ca) is the best place to find information on CHEO's programs and services and learn about a variety of health topics for children and youth. Visit our online resource section to access CHEO-recommended websites, books, apps, videos and more!