

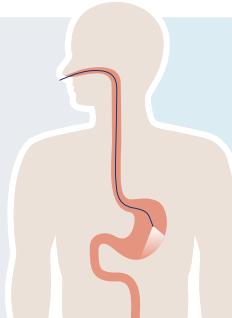
# Which endoscopy procedure is right for you?

During an endoscopy, a thin, flexible tube called an endoscope is put down your throat and into your esophagus, stomach, and in some cases, the first part of your small intestine. The scope has a light, a camera, and a tool that allows it to remove tiny pieces of tissue that are later tested in a lab.

## Common Questions

### Option 1 Sedation-Free

No anesthesia (you are **awake**).  
Endoscope is put through your **nose**.  
About a 10-minute procedure.



### Option 2 Sedated

Anesthesia is used to put you to **sleep**.  
Endoscope is put through your **mouth**.  
About a 10-minute procedure.

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|---|---|--|
| Is one procedure more effective than the other?         | Both procedures are equally effective for your situation.   |  |
| Is the procedure covered by insurance?                  | Both procedures are covered by insurance. Your cost depends on your insurance, co-pay, and deductible.                          |  |
| What are the risks from anesthesia?                     | There are no risks because no anesthesia is used.   | About 1% of patients (1/100) experience a complication. Most are mild and temporary (e.g., nausea/ vomiting after procedure). More serious ones can occur. |
| What does it feel like during the procedure?            | Some or none of the following: mild nasal pressure, potential gag reflex, burping, spit up, mild chest discomfort, sore throat. | IV placement (needle) required for procedure with minimal to no discomfort depending on level of sedation used.  |
| What might you experience after procedure?              | Mild sore nose, throat, or chest that is relieved by medication or cold liquids.  | Fever, cough, nausea, IV site tenderness, and/or more significant sore throat or chest relieved by medication or cold liquids.                             |
| How long will I be at the medical center in total?      | 30 minutes – 1 hour   | Around 3 hours   |
| Can I return to my normal daily routines after leaving? | The procedure does not limit your activities after it is complete.  | You should rest with supervision for the rest of the day. Some patients may require an additional day of recovery.   |