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Instructions for post-endoscopic biopsies in physical examination

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All information above has been reviewed by Gastroenterology specialists
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Endoscopic Biopsy

A biopsy is a procedure in which tissue samples are removed from the body by a needle or during surgery, for examination under a microscope to determine if cancer or other abnormal cells are present. This type of biopsy is performed through a fiberoptic endoscope (a long, thin tube that has a close focus lens on the end for viewing) through a natural body orifice (i.e., rectum) or a small incision (i.e., arthroscopy). The endoscope is used to view the organ in question for abnormal or suspicious areas, to obtain a small amount of tissue for study. Endoscopic procedures are named after the organ or body area to be visualized and/or treated.

Endoscope Preparation

- (1) Before the examination, you are required to fill out the Examination and Treatment Permit. You will be asked not to eat or drink anything for up to eight hours before the test. It is important that your stomach is empty to allow the endoscopist to visualize the entire area and to decrease the possibility of food or fluid being vomited into the lungs while under sedation (called aspiration).
- (2) Outpatient Patients: Please bring your National Health Insurance card and appointment slip to the check-in counter in the Gastroscopy Room on the second floor of the First Medical Building for check-in. The inpatients will be escorted by the staff of the Duty Center.

Examination Procedure

- (1) The physician will first spray a local anesthetic and provide preventive gas-relief medication in your throat area to alleviate any discomfort during the examination.
- (2) The person being examined should assume a left-side lying position.
- (3) The physician will then insert the endoscope through your mouth, passing through the esophagus, stomach, and duodenum. During the insertion, please refrain from swallowing temporarily, instead allow saliva to naturally drain from the oral cavity. If necessary, during the examination, the physician may collect samples for pathological analysis.
- (4) The entire examination process takes approximately 20 to 30 minutes.

Post-Examination Instructions

- (1) After the examination is completed, please rinse your mouth to remove the throat anesthetic.
- (2) For one hour after the examination, refrain from eating. If a biopsy was performed, follow the doctor's instructions for fasting for 1-2 hours. Start by

taking a small sip of water, and if there is no choking or difficulty swallowing, you can resume your regular diet.

- (3) If you experience fever, abdominal pain, vomiting blood, or bloody stools after the examination, please inform the healthcare staff immediately. If any of these symptoms occur after returning home, seek medical attention promptly.

Rare complications include

- (1) Bleeding. In rare cases, this bleeding may require a blood transfusion.
(2) Infection. Most infections are minor and can be treated with antibiotics. Your doctor may give you preventive antibiotics before your procedure if you are at increased risk of infection.

Prevention of possible complications

Avoid smoking, do not drink alcoholic beverage, avoid eating hot, spicy food, never over exertion or perform strenuous exercise, which may increase abdominal pressure (such as playing ball game, swimming, moving heavy objects, etc.). It is also recommended not to eat any diet that can cause diarrhea (such as raw seafood).

Signs and symptoms to watch for after your endoscopy include:

- (1) Fever. (2) Chest pain. (3) Shortness of breath. (4) Bloody, black, or very dark stool. (5) Difficulty swallowing. (6) Severe or persistent abdominal pain. (7) Vomiting, especially if your vomit is bloody or looks like coffee grounds.

I am fully aware of all instructions at my own house after the biopsy examination.

References:

<https://stanfordhealthcare.org/medical-tests/b/biopsy.html>

<https://www.mayoclinic.org/tests-procedures/endoscopy/about/pac-20395197>

Let's take a test to confirm that you have a thorough understanding.

1. Fasting and avoid drinking water for 6-8 hours are required before a gastrointestinal endoscopy.
☐ Yes ☐ No ☐ Not sure.
2. During a gastrointestinal endoscopy, you'll be asked to lie down on a table on your left side.
☐ Yes ☐ No ☐ Not sure.
3. If there is no discomfort symptom after the examination, you can eat immediately.
☐ Yes ☐ No ☐ Not sure.
4. During the examination, You may feel uncomfortable during the examination, therefore, the doctor will spray anesthetic in the throat and medication for relief abdominal distension during the examination.
☐ Yes ☐ No ☐ Not sure.
5. After examination, if you have fever, abdominal pain, hemaemesis, etc., you should seek medical help immediately.
☐ Yes ☐ No ☐ Not sure.