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Bayside Medical Centre

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Gastroscopy Preparation Instructions

Appointment Date/Time: _____ **Please arrive 40 min prior to this scheduled appointment time.**

Patients are required to call Bayside Medical Centre 10 days prior to their scheduled colonoscopy to confirm their appointment. A cancellation fee of \$100 will be charged if 72 hours notice is not given for missed gastroscopy appointments.

Preparation Instructions -- Please Read Carefully!

Please follow the instructions below.

- Stop taking ASA, Coumadin/Warfarin, Plavix, Xarelto and/or Pradaxa, or other blood thinners 5 days prior to your colonoscopy, unless otherwise directed by your surgeon.
- Do not eat or drink anything after midnight the night prior to your gastroscopy. Your stomach must be empty. Most medications can be taken on the morning of your scope with a small sip of water, unless otherwise advised by your physician. **ABSOLUTELY NOTHING TO EAT OR DRINK AFTER 5:00AM** the morning of your procedure.
- After your gastroscopy you will remain in the Recovery Room for 15-30 minutes while the sedation wears off. You may feel bloated or have mild gas cramps - this is normal and will pass. You may have a mild sore throat. You may feel tired or groggy from the sedation; it is advised that you do not return to work or drive for the rest of the day.
- You may eat a regular diet after your gastroscopy.

Location: Georgian Bay General Hospital Ambulatory Care Department, Lower Level

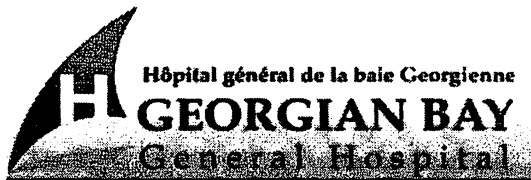
Use the main entrance and register at the main Registration Desk. The Registration Clerk will require your health card, please ensure your health card has not expired. Once registered, take the stairs or elevator downstairs to the Ambulatory Care Department.

You will not be able to drive for the rest of the day following your gastroscopy. You must bring a driver who can pick you up once your test is complete. They do not need to remain in the hospital as long as they leave a number at which they can be reached when you are ready to be discharged. They must come into the Ambulatory Care Department to sign you out. A temporary parking pass is available at the volunteer desk at the main entrance. It is recommended that you have adult supervision after the sedation to ensure your safety at home.

Please leave all jewelry (rings, earrings, necklaces, watches etc) and valuables at home. There is no secure storage for these items in the Ambulatory Care Department.

Please bring a list of all your current medications with you.

Please read the attached information sheets. If you have any questions or concerns please call your surgeon at Bayside Medical Centre.



Sedated Procedures at Georgian Bay General Hospital

- Please be sure to register at Central Registration before coming to the Ambulatory Care Department.
- Please note that arrival time is not your procedure time. We do our best to start procedures on time, but delays can, and do, occur.
- Arrangements must be made in advance to have a responsible adult drive you home and stay with you overnight. This person may wait for you or choose to return at your discharge time. Parking rates are \$3.00/hr or \$7.00/day. Please provide a phone number where your driver can be reached. Your driver **MUST** be available at all times.
- When discharged, your driver can get a 15 minute parking pass at either the volunteer desk or switchboard to park at the front door of the hospital. The responsible person picking you up must come to the Ambulatory Care Department, see the nurse and sign for your release from the department. Please take the elevator when you leave the department as you may still be groggy from the sedating medication.

General Instructions

- You must not eat or drink anything after the time instructed by your physician. Please follow the preparation instructions carefully.
- If you are diabetic, check your blood sugar at home prior to coming to hospital. Do not take your diabetic medication unless otherwise instructed by your physician.
- Bring your health card, and a list of your current medications.
- Jewelry **must** be removed before having any sedated procedure. Please remove all jewelry and piercings at home before coming to hospital. The hospital is not responsible for lost or stolen belongings; please leave all valuables at home.
- Do not wear make-up, nail polish or perfume. You may wear deodorant.
- Bring your glasses and glasses case, if necessary
- Wear comfortable clothing and flat soled shoes.

Patient Information for Upper Endoscopy from Society of American Gastrointestinal and Endoscopic Surgeons

What Is Upper Endoscopy?

Upper Endoscopy (also known as gastroscopy, EGD, or esophagogastroduodenoscopy) is a procedure that enables your surgeon to examine the lining of the esophagus (swallowing tube), stomach and duodenum (first portion of the small intestine). A bendable, lighted tube about the thickness of your little finger is placed through your mouth and into the stomach and duodenum.

Why Is an Upper Endoscopy Performed?

Upper endoscopy is performed to evaluate symptoms of persistent upper abdominal pain, nausea, vomiting, difficulty swallowing or heartburn. It is an excellent method for finding the cause of bleeding from the upper gastrointestinal tract. It can be used to evaluate the esophagus or stomach after major surgery. It is more accurate than X-rays for detecting inflammation, ulcers or tumors of the esophagus, stomach and duodenum. Upper endoscopy can detect early cancer and can distinguish between cancerous and non-cancerous conditions by performing biopsies of suspicious areas. Biopsies are taken by using a specialized instrument to sample tissue. These samples are then sent to the laboratory to be analyzed. A biopsy is taken for many reasons and does not mean that cancer is suspected.

A variety of instruments can be passed through the endoscope that allows the surgeon to treat many abnormalities with little or no discomfort. Your surgeon can stretch narrowed areas, remove polyps, remove swallowed objects, or treat upper gastrointestinal bleeding. Safe and effective control of bleeding has reduced the need for transfusions and surgery in many patients.

What Preparation Is Required?

The stomach should be completely empty. You should have nothing to eat or drink for approximately 8 hours before the examination. Your surgeon will be more specific about the time to begin fasting depending on the time of day that your test is scheduled.

Medication may need to be adjusted or avoided. It is best to inform your surgeon of ALL your current medications as well as allergies to medications a few days prior to the examination. Most medications can be continued as usual. Medication use such as aspirin, Vitamin E, non-steroidal anti-inflammatories, blood thinners and insulin should be discussed with your surgeon prior to the examination. It is essential that you alert your surgeon if you require antibiotics prior to undergoing dental procedures, since you may also require antibiotics prior to gastroscopy.

Also, if you have any major diseases, such as heart or lung disease that may require special attention during the procedure, discuss this with your surgeon.

You will most likely be sedated during the procedure and an arrangement to have someone drive you home afterward is imperative. Sedatives will affect your judgment and reflexes for the rest of the day. You should not drive or operate machinery until the next day.

What Can Be Expected During the Upper Endoscopy?

You may have your throat sprayed with a local anesthetic before the test begins and given medication through a vein to help you relax during the examination. You will be laid on your side or back in a comfortable position as the endoscope is gently passed through your mouth and into your esophagus, stomach and duodenum. Air is introduced into your stomach during the procedure to allow a better view of the stomach lining. The procedure usually lasts 15-60 minutes. The endoscope does not interfere with your breathing. Most patients fall asleep during the procedure; a few find it only slightly uncomfortable.

What Happens After Your Upper Endoscopy?

You will be monitored in the endoscopy area for 1-2 hours until the effects of the sedatives have worn off. Your throat may be a little sore for a day or two. You may feel bloated immediately after the procedure because of the air that is introduced into your stomach during the examination. You will be able to resume your diet and take your routine medication after you leave the endoscopy area, unless otherwise instructed. Your surgeon will usually inform you of your test results on the day of the procedure, unless biopsy samples were taken. These results take several days to return. If you do not remember what your surgeon told you about the examination or follow up instructions, call your surgeon's office to find out what you were supposed to do.

What Complications Can Occur?

Gastroscopy and biopsy are generally safe when performed by surgeons who have had special training and are experienced in these endoscopic procedures. Complications are rare, however, they can occur. They include bleeding from the site of a biopsy or polypectomy and a tear (perforation) through the lining of the intestinal wall. Blood transfusions are rarely required. A reaction to the sedatives can occur. Irritation to the vein that medications were given is uncommon, but may cause a tender lump lasting a few weeks. Warm, moist towels will help relieve this discomfort.

It is important for you to recognize the early signs of possible complications and to contact your surgeon if you notice symptoms of difficulty swallowing, worsening throat pain, chest pains, severe abdominal pain, fevers, chills or rectal bleeding of more than one-half cup.