

## Gastroscopy Instructions

Your appointment is on: \_\_\_\_\_ at: \_\_\_\_\_ AM/PM

Location: Endoscopy Clinic: 1<sup>st</sup> Floor, room 1G601, Credit Valley Hospital

### What is a Flexible Sigmoidoscopy?

A gastroscopy is a procedure used to examine the esophagus, stomach and duodenum. The gastroscope is a thin, flexible tube, passed through the mouth into the esophagus, where biopsies of any abnormalities can be taken.

Our professional staff are here to make you as comfortable as possible during your procedure. Please follow these instructions carefully to ensure the highest level of safety and effectiveness. If you have any concerns before your appointment, please call the office.

### Important Things to Know in Advance

- If you chose to have sedation, YOU MUST BE ESCORTED HOME BY AN ADULT FRIEND OR RELATIVE
- Arrive 30 minutes before your appointment and wear comfortable, loose-fitting clothing

### Medical Conditions and Use of Prescription Drugs

- Diabetes: if you are insulin-dependent, consult your physician regarding your insulin requirements
- Bring your list of medications with you
- Notify clinic staff if you are blood thinners (Coumadin, Pradaxa, Plavix, ASA, etc...)
- Take prescription blood pressure medications in the morning with a sip of water

### Preparation

- No alcohol 24 hours before the procedure
- For a morning procedure, nothing to eat after midnight, you can have clear fluids. ONLY up to 4 hours prior to procedure. Then nothing by mouth.
- For an afternoon procedure, nothing to eat 8 hours prior to procedure, you can have clear fluids ONLY up to 4 hours prior to procedure. Then nothing by mouth.

\*\*\*Please make sure you do not drink anything for at least 4 hours before your procedure time\*\*\*

### Clear Fluids

- Water
- Apple juice
- Clear broth or consommé (no rice, noodles)
- Coffee or tea (black – NO milk or cream)
- Gatorade / Kool-Aid / Popsicles
- Carbonated drinks (Sprite, Ginger ale)

You will be able to resume your normal diet one hour after the Gastroscopy unless you are instructed otherwise.

### Understanding the Risks

There is a small risk of aspiration, which is significantly reduced by making sure you do not eat anything for 8 hours or drink anything for 4 hours prior to the procedure. Perforation and bleeding are extremely rare. When you go home, if you have any symptoms that cause you concern, please call the office. If the Office is closed, please go to your local Emergency Department immediately.

### Cancellation or Rescheduling

To avoid a cancellation fee, you must advise us a minimum of 10 business days in advance of your procedure.