

## Preparation in view of having a gastroscopy

Please read carefully the following instructions as it is important to have had the right preparation in order for the physician to be able to visualize the upper gastrointestinal tract properly.

### **Attention:**

- It is mandatory that you have an adult accompany you on the day of the procedure. You will be not be able to drive or take a taxi/public transport alone after the procedure. This is for safety reasons as your level of alertness may be compromised.

### **Note:**

- The date and the approximate time of your procedure will be communicated to you when you book your appointment.
- As a reminder, we will be calling you prior to your procedure.

### *The gastroscopy:*

A gastroscopy is a procedure during which the physician uses a thin, flexible tube (endoscope) equipped with a miniature camera at the tip to visualize the interior of the oesophagus, the stomach and the duodenum.

This procedure can be used to diagnose and in some cases treat certain problems of the oesophagus, the stomach and the duodenum.

### *Before the procedure*

- **YOU MUST REMAIN COMPLETELY FASTING FOR 8 HOURS PRIOR TO YOUR GASTROSCOPY.** This includes solid food, liquids, gum and candies.
- The physician or the nurse may recommend stopping certain medications that you are taking prior to the exam for a period of time which will be specified (ex: warfarin (Coumadin), clopidogrel (Plavix), acétysalicylic acid (Aspirine)).
- You should advise the nurse and/or the physician if you are taking any iron based supplements (Palafer, Ferrous sulfate).
- Unless specified otherwise, it is preferable to stop all anti- inflammatory medications such as Anaprox, Advil, Motrin, Naprosyn and any natural health supplements. This is to avoid any drug interactions with the medication administered during the procedure.
- Alcohol intake and use of tobacco products should be minimal prior to the procedure in order to prevent any respiratory problems.

- You must advise the nurse and/or the physician if any of the following pertain to you:
  - Prosthetic heart valve
  - Pacemaker
  - Prolapsed mitral valve
  - Knee or hip replacement
  - Sleep apnea (with or without use of a CPAP machine)
  - Allergies, including allergy to Xylocaine
  - Diabetes (with or without insulin)
  - Pregnancy

### *Day of the procedure*

- Avoid wearing any makeup or nail polish on your fingernails
- Leave all jewellery and objects of value at home
- Do not wear contact lenses on the day of your procedure
- You may brush your teeth
- Remember to have someone with you in order to leave after the gastroscopy

### *Don't forget to bring the following items with you to your appointment:*

- A printed list of your medications **from the pharmacy**
- Your valid Medicare card (Carte d'assurance maladie);
- Your choice method of payment (Debit, Visa or MasterCard or cash) to finalize any outstanding balances due;
- The medical referral for your gastroscopy.

### *Your arrival at the clinic*

- You will be greeted by one of our team members to finalize any outstanding items
- A member of the team will show you to the endoscopy waiting room where you will be asked to change and given a bag to store your personal belongings.
- Your physician will meet with you before the procedure. He or she will answer any questions you may have, and ask you to sign a consent form if you have not already done so.

## After the gastroscopy

- You will be transferred by stretcher to the observation room where the nursing staff will look after you until the time of discharge.
- Immediately following the procedure, you may still feel drowsy. This drowsiness can last from 30 minutes to a few hours.
- You may also experience abdominal bloating and or cramping.

## Diet and hydration

- Do not eat or drink immediately following the gastroscopy. Wait at least one hour to ensure that the effects of the anaesthetic used to freeze your throat are gone, as this may increase the risk of choking.
- Go back to your regular diet and hydration progressively.

## At home: signs and symptoms to watch for

- Sharp abdominal pain
- Vomiting blood
- Fever
- Chest pain

## If you have one or more of these symptoms:

- During the business hours please contact on-call nurse at (514) 667-3383 extension 242.
- After 6 pm, call the number indicated on the red bracelet you were given when you left the clinic.