

## Your Gastroscopy

### Information

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Your Appointment is on: \_\_\_\_\_ DAY / \_\_\_\_\_ MONTH at: \_\_\_\_\_ H : \_\_\_\_\_ M \_\_\_\_\_ AM  
PM

### Background:

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 Clinic.

### Important things to know in advance:

- » If you choose to have sedation, **YOU MUST BE ESCORTED HOME BY AN ADULT FRIEND OR RELATIVE.**
- » You must bring a responsible adult with you who can escort you home from the clinic.
- » We recommend a friend [an adult] stay with you for the next 3–4 hours.
- » Purchase Gravol 50mg (to prevent nausea)

### Medical conditions and use of prescription drugs:

You must consult your physician or specialist before your procedure if you have certain medical conditions or if you are taking some prescription medications.

- » **Diabetes:** If you are insulin-dependent, consult your physician regarding your insulin requirements.
- » **Blood thinners such as Coumadin, Pradaxa, Pradax etc.** Ask your physician or Cardiologist when you should stop taking these medications prior to your procedure.
  - » **If you have been taking Coumadin, you must have an INR blood test a day before your procedure. Please ensure those lab results are faxed or emailed to our clinic, or bring them with you.**

### 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 Clinic. If the Clinic is closed, please go to your local Emergency Department immediately.

### Cancellations:

To avoid a \$200 cancellation fee, you must advise us a minimum of 3 business days in advance of your procedure.

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## Getting Ready

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### 7 days before your procedure:

**If you are taking any of the medications listed below, you must stop taking them 7 days before your procedure:**

- » **Iron pills** or anything containing iron
- » **Ticlid** (Ticlopidine) or **Plavix** (Clopidogrel)

**BLOOD THINNER REMINDER:** As noted on page 1, if you are on **blood thinners**, ask your cardiologist when (or if) you should stop taking this medication before your procedure.

### 1 day before your procedure:

- » 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.

### The day of your procedure:

- » **Please make sure you do not drink anything for at least 4 hours before your procedure time.**
- » If you are on prescription blood pressure or heart medications, you can take them in the morning.
- » Do not chew gum on the day of your procedure.
- » Arrive on time and wear comfortable, loose-fitting clothing.
- » You should be ready to be picked up approximately 90 minutes from the time you are taken in to start the procedure.

### After your procedure:

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