

# **GASTROSCOPY INSTRUCTIONS**

*(For patients taking Ozempic/Wegovy/Mounjaro/Saxenda/Zepbound/Rybelsus or any other similar medication)*

## **Background:**

**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. Allow 24 hours for a response.

## **Understanding the risks:**

There is a small risk of aspiration with the gastroscopy, which is significantly reduced by making sure you do not eat anything for 24 hours or drink anything for 12 hours prior to your procedure. When you go home, if you have any symptoms that cause you concern, please call the clinic.

## **Cancellations:**

To avoid a \$200 cancellation fee, you must advise us at least 3 business days in advance of your procedure if you need to cancel or reschedule.



# **Getting Ready for your Gastroscopy:**

*(For patients taking Ozempic/Wegovy/Mounjaro /Saxenda/Zepbound/Rybelsus or other similar meds)*

## **1. BMI**

Kindly understand that if your BMI shows to be over 40 the day of your appointment, we will cancel your appointment. The clinic's protocol, in order to ensure safety, is such that any patients with a BMI over 40 should be seen in a hospital setting. Please be aware of this and be sure you have given us the correct height and weight prior to your appointment.

## **2. FIND SOMEONE WHO CAN DRIVE YOU HOME**

- In advance of your appointment, arrange for an adult friend or relative to escort you home from the Clinic. You will be sedated, and you will not be allowed to leave the Clinic without a competent escort.
- Your procedure may be cancelled if you do not have someone to pick you up.

## **3. CONSULT YOUR PHYSICIAN IF...**

- **You have diabetes, or if you are insulin dependent:** Consult your physician regarding your insulin requirements during the time when your food intake will be restricted. It is recommended that you review this schedule with your doctor.
- **You take blood thinners:** Most blood thinners need to be stopped 2 to 5 days before your gastroscopy, depending on the type, and on the advice of your cardiologist. This chart shows when to stop taking blood thinners, but whether it is shown or not, **CONSULT YOUR CARDIOLOGIST.** Please note: If the blood thinner you have been taking is **Warfarin** or **Coumadin** you must have an INR blood test the **day before your appointment.** Ensure that the results are faxed or emailed to our clinic, or bring them with you.



<b>Blood thinner</b>	<b>When to stop taking</b>
Clopidogrel (Plavix)	5 days before your appointment
Ticagrelor (Brilinta)	5 days before your appointment
Aspirin 81mg	The night before your appointment
Warfarin/Coumadin	5 days before your appointment. Need INR test.
Rivaroxaban (Xarelto)	2 days before your appointment
Apixaban (Eliquis)	2 days before your appointment
Pradaxa/Dabigatran	2 days before your appointment
Lixiana (Edoxaban)	48 hours before your appointment

## 4. BEGINNING YOUR PREPARATION

### **WEEKLY GLP-1's (e.g. Ozempic, Wegovy, Mounjaro, Saxenda, Zepbound, etc.):**

- Last dose will be 2 weeks prior to procedure and restart after procedure

### **DAILY GLP-1's (e.g. Rybelsus, etc.)**

- Last dose will be 3 days prior to procedure and restart after procedure

## **STEP 1: One day before your appointment**

- NO ALCOHOL 24 HRS BEFORE THE PROCEDURE
- **NO SOLID FOODS 24 hours prior to your procedure.** NO coffee, tea or broth. You can only have clear liquids. 6 hours before your appointment STOP ALL LIQUIDS
- Examples of Clear Fluids: water, apple juice, ginger ale, Gatorade (no blue, red, purple colours).

## **STEP 2: On the day of your appointment**

- Nothing by mouth (NO SOLIDS OR LIQUIDS) – NO MORE CLEAR LIQUIDS, INCLUDING WATER 6 HRS BEFORE PROCEDURE.

## **AFTER YOUR PROCEDURE:**



You will remain in the Clinic for a short time while your sedation begins to wear off. The doctor will see you briefly and you will be given a Gastroscopy Discharge report. Then you will go to Reception, where you will wait for your driver to take you home.

✓ Resume your normal diet one hour after your gastroscopy unless you are instructed otherwise

✓ Eat high-fiber foods or take fiber supplements

✓ Drink plenty of fluids, especially prune juice

✓ Resume taking prescribed medications

✓ Have someone with you to help

✗ Avoid alcohol for 24 hours

✗ Avoid strenuous exercise or activity

✗ Don't drive for 24 hours

