

# Preparation For Gastroscopy

Appointment Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Physician: \_\_\_\_\_ Start Time: \_\_\_\_\_

**Report to your designated surgical location (Lamont Care Center or Fort Saskatchewan Community Hospital)**

**\*\*Details are on back page**

## **Duration**

You will be at the hospital for approximately 3-4 hours from your time of arrival to time of discharge. This includes the sedation preparation, procedure, and recovery.

## **Organizing a ride home**

You are sedated for this procedure; you will NOT be permitted to drive yourself home.

. procedure WILL BE CANCELLED by the hospital.

The person picking you up must come to the Endoscopy Department to take you home.

IF you are sedated, it's recommended you do not operate a motorized vehicle or heavy machinery for 24 HOURS after the procedure, as you will likely not be covered by your insurance.

## **Preparation**

The attached preparation instructions are EXTREMELY IMPORTANT FOR THIS PROCEDURE. A squeaky-clean gastrointestinal tract is essential for the success and safety of your procedure.

## **Current Medications**

You are responsible to inform your physician if you are on any diabetic medication or blood thinners/anticoagulants (such as Warfarin/coumadin, Pradax/dabigatran, Plavix/clopidogrel, Xarelto/rivaroxaban, Eliquis/apixaban, Effient/presugrel, Brilinta/ticagrelor, Fragmin/dalteparin, Lovenox/enoxaparin, Flaxiparine/nadroparin or Innohep/tinzaparin) at least seven days before your procedure. Your medication may need to be adjusted prior to the procedure.

Diabetic patients please bring your insulin with you to the hospital.

## **Patient Information**

Bring your medication list with you to your appointment. We need to know what medications you take, how much you take and how often you take them. This includes medications that the doctor prescribed, as well as any herbal medications. We also need to know any medication you buy off the shelf whether they are pills, liquids, lotions, or patches. In preparation for your procedure, you will be asked about any medical conditions and dates of surgeries that you have had.

## **Bring an interpreter with you if you do not speak or read English**

If you have difficulty with speaking or reading English, please bring someone with you to interpret This will help us get the important information that we need for your procedure.

# GASTROCOPY PREPARATION INSTRUCTIONS

## THE DAY PRIOR

- Do not eat solid food after 6:00pm on the day prior to the test
- You may drink \*clear fluids up to midnight of the evening prior to the examination.

## THE DAY OF

- Have nothing to eat or drink
- Any essential medication can be taken the morning of your procedure with small sips of water.
- Please DO NOT take any HIGH BLOOD PRESSURE medication the day of the procedure as the sedation will lower your blood pressure

\*If your appointment is after 12:00pm, you can continue to have clear fluids up until 4 hours prior to your appointment time.

### \*\* Clear Fluids Include:

- Water, clear soup broth, Jell-O, tea or coffee without milk or cream, soft drinks, pulp-free fruit juice, Powerade, Gatorade or Crystal Light.

# UNDERSTANDING GASTROSCOPY

## **What is a gastroscopy?**

Gastroscopy (also known as an upper GI endoscopy) is a procedure that enables your physician to examine the lining of the upper part of your gastrointestinal tract i.e., the esophagus (swallowing tube), stomach and duodenum (first portion of the small intestine) using a thin flexible tube with its own lens and light source.

## **Why is a gastroscopy done?**

Gastroscopy is usually performed to evaluate symptoms of persistent upper abdominal pain, nausea, vomiting or difficulty swallowing. It is also the best test for finding the cause of bleeding from the upper gastrointestinal tract. Gastroscopy is more accurate than x-ray films for detecting inflammation, ulcers or tumors of the esophagus, stomach, or duodenum. Gastroscopy can detect early cancer and can distinguish between benign and malignant (cancerous) conditions when biopsies (small tissue samples) of suspicious areas are obtained. Biopsies are taken for many reasons and do not necessarily mean that cancer is suspected. A cytology test (introduction of a small brush to collect cells) may also be performed. Gastroscopy is also used to treat conditions present in the upper gastrointestinal tract. A variety of instruments can be passed through the endoscope that allows many abnormalities to be treated directly with little or no discomfort. For example, stretching narrowed areas, removing polyps (usually benign growths) or swallowed objects, or treating upper gastrointestinal bleeding. Safe and effective endoscopic control of bleeding has reduced the need for transfusion in many patients.

## **What preparation is required?**

For the best (and safest) examination, the stomach must be completely empty. You should have nothing to eat or drink, including water before the examination.

## **Do I require a drive home after the procedure?**

If you are sedated, you will need to arrange to have someone accompany you home from the examination because sedatives may affect your judgment and reflexes for the rest of the day. If you receive sedation, you will not be allowed to drive after the procedure even though you may not feel tired.

## **What can be expected during the gastroscopy?**

Practices may vary among doctors, but you may have your throat sprayed with a local anesthetic before the test begins and may be given medication through a vein to help you relax during the test. While you are in a comfortable position on your side, the endoscope is passed through the mouth and then in turn through the esophagus, stomach, and duodenum. The endoscope does not interfere with your breathing during the test. Most patients consider the test to be only slightly uncomfortable and many patients fall asleep during the procedure.

## **What happens after gastroscopy?**

After the test, you will be monitored in the endoscopy area until most of the effects of the medication have worn off. Your throat may be a little sore for a while and you may feel bloated right after the procedure because of the air introduced into your stomach during the test. You will be able to resume your diet after you leave the procedure unless you are instructed otherwise.

## **What are the possible complications of gastroscopy?**

Gastroscopy is generally safe. Complications can occur but are rare when physicians with specialized training and experience in this procedure perform the test. Bleeding may occur from a biopsy site or where a polyp was removed. It is usually minimal and rarely requires blood transfusions or surgery. Localized irritation of the vein where the medication was injected may rarely cause a tender lump lasting for several weeks, but this will go away eventually. Applying heat packs or hot moist towels may help to relieve the discomfort. Other potential risks include a reaction to the sedatives used and complications from heart or lung diseases. Major complications e.g., perforation (a tear that might require surgery for repair) are very uncommon. It is important for you to recognize early signs of any possible complication. If you begin to run a fever after the test, begin to have trouble swallowing or have increasing throat, chest, or abdominal pain, let your doctor know about it promptly.

## **To the patient**

Because education is an important part of comprehensive medical care you have been provided with this information to prepare for this procedure. If you have any questions about your need for flexible gastroscopy or alternative tests do not hesitate to speak to your physician or physician's office about it. Endoscopists are highly trained specialists and welcome your questions regarding their credentials and training. If you have any questions that have not been answered, please discuss them with the endoscopy nurse or your physician before the examination begins.

## Location Information for Dr. Farooq's Surgical Days

You have a procedure at either Fort Saskatchewan Community Hospital  
or Lamont Health Care Centre.

### Fort Saskatchewan Community Hospital

**9401 86 Ave, Fort Saskatchewan, AB T8L 0C6**

You will be contacted by the Fort Saskatchewan Booking Office with your appointment date. Please call the Admitting Department at 780-342-3113 after 3:00pm TWO business days prior to your appointment date. For appointments on Monday, (or on Tuesday following a long weekend) please call on the Thursday before. FAILURE TO CALL WILL RESULT IN YOUR PROCEDURE BEING CANCELLED. Please know that patients who fail to attend this appointment or cancel less than 72 hours notice, we cannot guarantee the timeliness of rebooking your appointment as there is now a severe shortage of endoscopy spots.

### Lamont Health Care Centre

**5216 53 St, Lamont, AB T0B 2R0**

You will be contacted by the Lamont Health Care Centre Booking Office with your appointment date. Please call the Admitting Department at 780-895-2211