

## GASTROSCOPY PREPARATION INSTRUCTIONS

Please read **ALL** the documents enclosed within the Preparation Package carefully. Failure to follow the instructions may result in the cancellation of your procedure.

If you have any questions or require further information, please contact the clinic and one of our staff members will be happy to assist you.

Toronto Immune and Digestive Health Institute  
700 Lawrence Avenue West  
3<sup>rd</sup> floor, Suite 360,  
Toronto, ON M6A 3B4  
Phone: 647-812-2113  
Email: reception@tidhi.ca

### CANCELLATION POLICY

Please confirm your appointment via Mikata (sent to you by email). Failure to confirm your appointment in a timely manner may result in your procedure time being given away to another patient.

CANCELLATIONS WITH LESS THAN 5 BUSINESS DAY'S NOTICE WILL RESULT IN A \$200 FEE NOT COVERED BY OHIP

### PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY

#### **MEDICATIONS TO DISCONTINUE:**

- **Iron medications** – stop at least **10** days prior to the procedure
- **Aspirin** – stop at least **7** days prior to your procedure, after consulting with your physician
- **Coumadin (Warfarin) or Xarelto (Rivaroxaban)** – you may need to temporarily discontinue these medications. Please discuss this with your prescribing physician well in advance of the procedure
- **Insulin or pills for Diabetes** – please discuss with your family physician prior to the test
- If you have an abnormal heart valve, prosthetic heart valve or other conditions where you have been told to take antibiotics prior to dental procedures, please advise us immediately.

**1. DAY OF PROCEDURE:**

- **At 12:00am: BEGIN FASTING – NOTHING TO EAT, DRINK OR SMOKE THE DAY OF THE PROCEDURE**
- Take all of your usual medications (except those listed above) with small sips of water.

**IMPORTANT INFORMATION**

- If you have sleep apnea plan to bring your CPAP machine to the procedure
- Continue any blood pressure medication as usual
- If you missed any of the steps on the previous page, PLEASE STILL COME IN FOR THE PROCEDURE
- DO NOT BRING ANY VALUABLES JEWELLERY OR WEAR MAKE UP
- You will be sedated during the procedure. Therefore, **YOU MUST BE ACCOMPANIED BY SOMEONE WHEN YOU LEAVE.** If you do have someone to accompany you, your procedure will be cancelled.
- Please bring a bag for your belongings (big enough to fit your clothes)

**WHEN YOU ARRIVE**

- The Toronto Immune and Digestive Health Institute is located in the Lawrence-Allen Centre at (700 Lawrence Avenue West). There is 3 hour parking and adjacent TTC/Subway access (Lawrence West Station).
- Please enter through the East Tower entrance, which is accessible from the parking lot on the south side of the mall facing Lawrence Avenue. The East Tower entrance can be found between Booster Juice and the Foot Institute.
- Once inside, take the elevators up to the 3<sup>rd</sup> floor – Suite 360.

**What is a Gastroscopy?**

A gastroscopy is an examination of the esophagus, stomach and duodenum (first part of the small bowel). A gastroscope is a long, thin, flexible tube with a light. The tube is inserted through your mouth, and allows direct visualization of your upper intestinal tract. Instruments may be passed through the gastroscope to take tiny painless biopsies (samples of tissue) cell brushings of fluid samples for microscopic examination in the laboratory. Photographs may also be taken during the procedure. Polyps (tiny growths) may be removed. Tiny swallowed objects may be removed. Strictured (narrowed) areas may be dilated (stretched)

**What to Expect**

- You will be admitted to the endoscopy suite
- A blood test may be taken
- You will change into a patient gown
- You will empty your bladder
- Your vital signs will be taken
- You will be required to remove all dentures
- The examination will be done with you lying on your left side
- You will be given an intravenous injection to make you sleepy and relaxed
- Your throat will be sprayed with a local anesthetic or gargle to help control gagging
- You will be asked to swallow the endoscope which is thinner than most food you swallow
- The examination does not interfere with breathing or cause choking. Because air is introduced, you may feel bloated and crampy. This feeling passes quickly after the procedure.

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### **After the Gastroscopy**

Because your throat will be frozen, you may have nothing to eat, drink or smoke for 2 hours following your procedure. You will be taken to the Endoscopy recovery area where you will remain until most of the effects of the medication have worn off. When your nurse has decided that you are sufficiently recovered you will be discharged in the company of your driver. You will not be allowed to drive for 24 hours. Please arrange for someone to pick you up in the Endoscopy Unit 1-2 hours after your test. If you do not have an adult to accompany you home your procedure will be cancelled.

### **Complications**

Complications are extremely rare but can occur. One complication is perforation or tear through the wall of the bowel that may allow leakage of intestinal fluids. This complication may require surgery or management with antibiotics and intravenous fluids. Bleeding may occur from a biopsy or polyp removal. This is usually minimal but, rarely, blood transfusions or surgery may be required. Irritation of a vein can occur at an intravenous site. A tender lump or bruise may develop and last from several days to months. It eventually goes away with no ill effects. Other risks include drug reactions and complications from unrelated medical conditions. Your physician and his staff are alert to the possibilities and are fully equipped to handle any complications which may arise.

### **Results**

The results will be explained at the conclusion of your procedure. Because of the sedation, you may not remember what you have been told. If you require further explanation, you should call the physician who performed the procedure or make an office appointment for a complete explanation. If biopsies have been taken, results can take 10 -14 days to be available. Please call the office to follow up.