

BURLINGTON ENDOSCOPY AND SPECIALIST CENTRE

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GASTROSCOPY PREP INSTRUCTIONS: *Please read carefully 7-10 days ahead of appt.*

What is a gastroscopy? A gastroscopy or upper GI endoscopy is a way of looking inside the stomach through a small, lighted tube. This test helps the doctor decide what is causing your health problems.

What will happen during the examination?

You lie on your left side. You will receive some medication to sedate you through the intravenous. The doctor inserts the gastroscope into your mouth and will ask you to swallow. This will allow the tube to pass into your esophagus, and then into the stomach. We can then visualize these areas, and take biopsies from the lining if necessary. You may feel mild gagging, but may not feel anything.

What will happen after the examination?

- ✓ This test takes about 10 to 15 minutes. When it is over, the doctor tells you the results.
- ✓ You may not remember this if you have had sedation: written results will be given
- ✓ As your throat was sprayed with anesthetic, you cannot eat or drink for about 1 hour, until the feeling returns to your throat.

Please inform the office ahead of time if you are taking blood thinners: for example, Plavix(clopidogrel), Brilinta(ticagrelor) or Aggrenox(aspirin/dipyridole), warfarin(Coumadin), heparin, Xarelto (rivaroxiban), Pradaxa (dabigatran), Eliquis(apixiban)

2 days before the test.....

- ✓ stop the following blood thinners: Xarelto (rivaroxiban), Pradaxa (dabigatran), Eliquis(apixiban)

The day before the test.....

- ✓ Do not have anything to eat or drink after midnight before the test

The day of the test.....arrive at the clinic 15 minutes before your scheduled appointment.

- ✓ Please **remove all jewelry/body piercings** before coming.
- ✓ If you are a diabetic, do not take your diabetes tablets or insulin on the morning of the test. If you check your own blood sugars, check this before you come for the test. **Bring your glucometer and test strips with you for use at the clinic.**
- ✓ Other medications can be taken with sips of water(up to 3 hours before appt) on the day of the test.
- ✓ Please bring a complete list of your medications with you
- ✓ If you develop fever, new cough, new vomiting or diarrhea just prior, please call clinic for instructions.

After the test...

- ✓ You will not be able to drive/operate heavy machinery for **24 hours** after sedation. Your ride must pick you up from the clinic. If you plan to take a taxi, you must be accompanied by another responsible adult.

*** The clinic requires at least 48 hours notice for cancellations or a \$100 charge will be applied.**