

EAST TORONTO GASTROENTEROLOGY

Gastroenterology, Therapeutic Endoscopy, Hepatology
647-341-3832

GASTROSCOPY INFORMATION FOR PATIENTS

Your appointment location is the Scarborough General Hospital, 3050 Lawrence Ave. East, Scarborough M1P 2V5.

PLEASE BRING YOUR VALID HEALTH CARD AND A LIST OF YOUR MEDICATIONS. YOU WILL NOT BE ABLE TO DRIVE OR WORK AFTER YOUR PROCEDURE IF YOU ARE GIVEN SEDATION. PLEASE HAVE SOMEONE DRIVE YOU HOME OR ACCOMPANY YOU BY TAXI. DO NOT TRAVEL HOME BY YOURSELF.

You will be having your gastroscopy on _____. Report to Patient Registration at _____ o'clock on the Ground Floor of the West Wing. You will be given further directions once you have registered.

A gastroscopy involves passing a flexible camera through the mouth into the upper digestive tract to examine the lining of the esophagus, stomach, and duodenum (first part of the small bowel). You may be given intravenous medications (sedation) just before the test to keep you comfortable. If an abnormal area needs further evaluation, small pieces of tissue (biopsies) are sampled or abnormal tissue may be removed (polyp resection) for examination and diagnosis in the laboratory. Throughout and after your procedure, your vital signs and oxygenation are being carefully monitored.

While these procedures are associated with very low risk when performed by physicians specially trained in this discipline, they may still occur:

Gastroscopy risks:

- Perforation: 1 in 2500 to 1 in 11000 cases.
- Bleeding: less than 1 in 200 cases.
- Cardiopulmonary complications: 3 in 2000 cases.
- Limitations: even under optimal conditions with careful, proper technique, some abnormalities may still be missed.

After registering, you will change into a gown. A nurse will ask you some questions and insert an intravenous line in your arm. You will be asked to sign consent before your procedure. After your procedure, you will rest in the recovery area for about 30 minutes. I will discuss your results with you before you go home. A nurse will provide you with discharge instructions, including what you can eat. Your family doctor will receive a letter reporting your findings. Appropriate follow-up with me or another specialist will be scheduled if required.

Please read this page carefully!

PREPARATION FOR GASTROSCOPY:

For the best examination, the stomach must be empty. DO NOT EAT ANY FOOD 6 HOURS BEFORE YOUR PROCEDURE TIME. You should take your usual blood pressure pills and may continue to drink clear fluids up to 2 hours before your procedure. Stop drinking all liquids 2 hours before your appointment. You may brush your teeth.

What to do with your medications:

Most regular medications may be taken during the preparation period, including blood pressure pills and aspirin.

However, if you are on DIABETIC MEDICATIONS, take half of your usual dose on the day before the test and hold your diabetic medications on the day of the test.

If you are using COUMADIN (warfarin), PLAVIX (clopidogrel), or BRILINTA (ticagrelor), stop this medication 5 days before your test, unless otherwise indicated.

If you are using PRADAX (dabigatran), XARELTO (rivaroxaban), or ELIQUIS (apixaban), stop this medication 3 days before your test, unless otherwise indicated.

If you still have any questions regarding your medications, call us.

Please list your current medications (the endoscopy nurse will ask for this information) and bring this sheet with you to your test. Alternatively, you can bring your own list.

If you are unable to keep this appointment, please inform the office 72 to 48 hours in advance so that we may be able to accommodate someone else.