

Gastroscopy Preparation

Call the doctor's office if you are taking any of the following medications:

- Iron tablets
- Blood-thinning (anticoagulant) herbs or medicines including:

Aggrenox	Heparin
Apixaban (Eliquis)	Plavix (Clopidogrel)
Cangrelor (Kengreal)	Pradaxa (Dabigatran)
Cilostazol (Pletal)	Prasugrel (Effient)
Coumadin (Warfarin)	Rivaroxaban (Xarelto)
Dalteparin (Fragmin)	Ticagrelor (Brilinta)
Edoxaban (Savaysa)	Ticlid (Ticlopidine)
Enoxaparin (Lovenox)	Vorapaxar
Fondaparinux (Arixtra)	
- Diabetes Medications
- Chemotherapy Medications

Three (3) days before gastroscopy:

Make your time off work plan: You should plan to be off work for the day of your gastroscopy. Most people return to work the day after their gastroscopy.

Day of your appointment:

You must be fasting (**NO FOOD OR LIQUIDS**) for 6 hours before the test on the day of your appointment.

Standard Gastroscopy Preparation

- The upper gastrointestinal tract must be empty of food and fluid to have a gastroscopy.
- It is important the you follow the instructions carefully, if you do not, the procedure may be cancelled.

What to expect after your Gastroscopy?

- A gastroscopy is usually well tolerated and is rarely painful.
- Some people experience the feeling of pressure, bloating or cramping after the procedure. Depending on the specialist, they may need to infuse air into the small intestine to get a better view of the lining of your esophagus, stomach or duodenum (small intestine). The specialist can give you medication of deal with discomfort.
- The specialist will use freezing spray to numb your gag reflex. The spray will last for approximately two hours.
- You may experience a slightly sore throat if you excessively cough or gag during the test.
- Directions will be giving following the test on when you can eat or drink.

Reminder:

- You will need to stay at the hospital for 30 minutes to 1 hour following the gastroscopy.
- If you received sedation medication for the gastroscopy, you might be **considered impaired for up to 24 hours after the test.**
 - You **should not sign any legal documents.**
 - You **will not be able to drive** yourself home. You will need a trusted person to meet you at the endoscopy unit to pick you up from the hospital. If you do not have a driver your test may be canceled. A taxi is not acceptable if traveling alone.
 - You **should not drink alcohol or take sleeping pills or anti-anxiety medications.**
 - You **should not be responsible for another person's care**, e.g. a baby, young child, or person in poor health.
- You will be given directions about your diet and if you can begin to drink full fluids and advance to a diet as tolerated.
- If you take blood-thinning medication, discuss when to restart these medications with the doctor. Resume all other medications as usual unless told otherwise.

Gastroscopy Preparation Instructions

Please note:

- Take your regular medications with a sip of water except for blood thinners and diabetic medications (you should have specific instructions for these medications). Call the physician who is doing your procedure for direction.

Day of your appointment:

- You must be fasting (**NO FOOD OR LIQUIDS**) for 6 hours before the test on the day of your appointment.

Patient Appointment and Hospital Information

Hospital Arrival: You must arrive and register in the **Admitting Department 60-90 minutes before** your scheduled gastroscopy. If your appointment is at **8:00 A.M.** you must arrive and register in the **Admitting Department at 7:00 A.M.** The gastroscopy will take 15-30 minutes to perform, and you need to stay 30 minutes to 1 hour after it is over. Plan to be at the hospital for **1.5 to 3 hours** from start to finish.

Hospital Checklist:

- Bring a list of current medications.
- Bring your most recent glucose reading if you have diabetes.
- Bring a translator if you do not understand or speak English.
- Bring your PEI Health Card or proof of substitute medical insurance plan. If you do not have these, bring another form of personal ID.
- **Do not** wear any jewelry, e.g. rings, watches, earrings, bracelets, or necklaces.
- **Do not** bring any valuables.