

Gastroscopy Preparation

About the Procedure: You are having a test called a gastroscopy. This is an examination of your esophagus, stomach and a portion of your small bowel. To ensure the bowel is as clean as possible, it is very important to follow the steps in the preparation instructions. If you do not complete your prep as instructed your appointment may be cancelled.

Seven (7) days before your gastroscopy

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

Apixaban (Eliquis®)	Clopidogrel (Plavix®)
Rivaroxaban (Xarelto®)	Ticagrelor (Brilinta®)
Edoxaban (Lixiana®)	Prasugrel (Effient®)
Dabigatran (Pradaxa®)	Warfarin

- **Stop taking:** iron tablets and vitamins. Continue all other medications unless told otherwise.
- **Stop eating:** nuts and seeds, e.g., flax, sesame and chia seeds, berries and popcorn.

If you have diabetes: You should have received the *Preparing for Your Gastroscopy: Adjusting Your Diabetes Medication* handout. Please review.

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

Make transportation arrangements: You will need a trusted person to take you home after the gastroscopy procedure.

If you need clarification about your gastroscopy preparation, please contact the physician doing the procedure for direction.

If you have an emergency the day of the gastroscopy, you must call the Endoscopy Unit where your procedure is scheduled:

- QEH Endoscopy Unit Tel: 902-894-0055
- PCH Endoscopy Unit Tel: 902-432-2541

The day of your gastroscopy

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

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 and small bowel. The specialist can give you medication to 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 given following the test on when you can eat or drink.

REMINDER:

- If you received **sedation medication** for the gastroscopy, you are 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. If you do not have a driver your test will be cancelled. A taxi is acceptable only if a trusted individual is accompanying you.
 - 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.
- If you take blood-thinning medication, discuss when to restart these medications after your gastroscopy with the doctor. Resume all other medications as usual unless told otherwise.

Hospital Appointment and Arrival Information

Hospital Arrival

You must arrive and register in the Admitting Department **60 to 90 minutes** before your scheduled gastroscopy. If your appointment is at 8:00 AM, please arrive and register at 7:00 AM.

The gastroscopy will take 10 to 20 minutes to perform, and you need to stay 30 minutes to 1 hour after it is over. Plan to be at the hospital for 2 to 3 hours from start to finish.

Hospital Checklist

- Bring a list of current medications
- Bring a translator if you do not understand or speak English
- Bring a support person if you require assistance
- Bring your PEI Health Card or proof of substitute medical insurance plan
- **Do not** wear any jewelry, e.g., rings, watches, earrings, bracelets, or necklaces
- **Do not** bring any valuables

Gastroscopy Preparation Instructions

Day of your appointment:

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