

GASTROSCOPY INSTRUCTION SHEET

Endoscopist: Dr. Connal Robertson-More

Procedure Location: Comox Valley Hospital, 101 Lerwick Rd, Courtenay, BC V9N 0B9

This handout will help you learn more about your gastroscopy under sedation; how to get ready and what to expect.

Appointment Details


CHANGE OR CANCELLATION REQUESTS MUST BE RECEIVED IN THE OFFICE AT LEAST 14 DAYS PRIOR TO PROCEDURE DATE

Cancelling without sufficient notice prevents rebooking another patient, contributing to unused resources and longer wait lists.

Carefully read your preparation instructions well before the date of your test. Here are the essential points to ensure the safe and successful completion of your procedure:

1. You must have someone accompany you to drive you home.
2. You must follow specific advice for adjusting certain medications.
3. You must follow exactly the “How Do I Get Ready for a Gastroscopy” instructions.

MANAGEMENT OF YOUR MEDICATION

 Take all your prescribed medications at the usual dose and time on the day of your procedure. This is especially important for heart medications and blood pressure pills.

BLOOD THINNERS

Ask your doctor for directions if you take any of the following medications:

- Warfarin (Coumadin®), Stop 5 days before.
- Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis) Stop 48 hours before.
- Clopidogrel (Plavix®), Ticlidine (Brilinta), Prasugrel (Effient), Stop 7 days before.

Continue all other medications unless specifically told not to by your doctor.

INSULIN DEPENDENT DIABETES

If you are on insulin, please make an appointment to see your family doctor regarding any dose adjustments surrounding your procedure.

HOW DO I GET READY FOR A GASTROSCOPY?

- ✓ **STOP eating solid food 8 hours prior to arrival at the hospital**
- ✓ **You may have Clear Fluids up until 3 hours prior to arrival at the hospital.**

Acceptable CLEAR Fluids are:

- Clear broths or bouillons.
- Clear pulp-free fruit juices e.g. apple, white grape, white cranberry, lemonade.
- Black tea or black coffee (you may add sweetener).
- Sports drinks e.g. Powerade® or Gatorade® (**recommended**).
- Pop e.g. ginger ale, 7-UP®, or Sprite®.
- Juice from drink crystals e.g. Kool-Aid® or iced tea.
- Fruit ice, Popsicles®, Jell-O® (with no added toppings or fruit).
- NO milk products.
- NO alcoholic beverages.

If you are already restricting gluten in your diet, you must re-introduce it to ensure the accuracy of biopsies obtained during gastroscopy. The minimum requirement is 2 slices of wheat bread per day for 2 weeks. However, it is ideal to re-introduce gluten 2 months before the procedure, but some patients may not tolerate this due to symptoms (Gut 2013;62:996).

WHAT IS A GASTROSCOPY?

A Gastroscopy is a procedure to examine the lining of the esophagus, stomach, and duodenum (small intestine). It provides useful diagnostic information in patients with:

- Reflux disease
- Swallowing difficulties
- Abdominal pain, nausea, weight loss
- Signs of upper gastrointestinal bleeding
- Unexplained anemia or low iron
- Possible diagnosis of celiac disease
- Abnormal imaging tests

A local freezing spray is used to numb your throat for the procedure. You will be able to continue to swallow and breathe normally. You will be lying on your left side. A mouth guard is placed in your mouth and an intravenous sedation is administered. Once you are comfortable, a long, narrow, flexible optic tube is passed via the mouth into the esophagus and advanced into the stomach and duodenum. If abnormalities are discovered, a biopsy is taken. A biopsy is a small sample of tissue painlessly removed for study under a microscope by a pathologist. Occasionally, a narrowed segment (stricture) will be stretched to a more normal size (dilatation).

Tips for Coming into the Hospital

- Bring your BC Health Care card.
- Bring your CPAP or dental device if you use one for sleep.
- Do not bring valuables or large sums of money with you. The hospital is not responsible for lost or stolen articles.
- Smoking is not allowed on Island Health property.
- NO perfume, cologne or body spray. The hospital is a scent free environment.
- If you have a fever or flu, we may need to cancel your procedure; please call the ENDO BOOKING OFFICE 250-331-5900 ext. 65690 ASAP.

Getting To and From Your Appointment

- You **MUST** have a responsible person take you home.
- Wheelchairs are usually at the front doors of Island Health facilities and can be used if needed.
- You are considered legally impaired for 24 hours after your procedure due to the lasting effects of sedation; during this time, you **CANNOT DRIVE A VEHICLE** or be in position of responsibility e.g. caring for children or elders.
- You cannot take public transportation by yourself.
- If you do not have a ride, your procedure may be cancelled or offered without sedation.

Are There Risks?

While a gastroscopy is commonly performed and generally very safe, like any medical procedure, a gastroscopy has a small risk of complications:

- Reaction medication used for sedation. Alert your nurse if you have previously had an adverse reaction to opioids, benzodiazepines, or local anesthetics.
- Bleeding from the site of biopsy may occur, which usually stops without intervention. If you see signs of bleeding (fresh blood or black tarry stools) after gastroscopy, you should proceed immediately to the Emergency Department.
- Perforation (hole in the esophagus, stomach, or duodenum). This is very rare occurrence (1 in 5,000) and may require surgery to repair.
- Although gastroscopy provides the most accurate images of the upper gastrointestinal tract, it reduces but does not eliminate the risk of a problem being missed. On rare occasions, a problem is missed because it is obscured by residue, angles, or folds.

What to Expect After Your Gastroscopy

You may take your medications as scheduled unless told otherwise by your doctor.

The following is normal:

- Nausea and/or vomiting may occur with your next meal.
- You may feel lightheaded, drowsy or forgetful due to the sedation.
- Sore throat for 2-3 days.
- Mild redness or soreness at the IV site. Apply a warm, wet compress if necessary.

FOLLOW UP

You will hear from your surgeon within 4 weeks after your procedure with your results. If there are any findings of concern, you will be followed up as soon as possible.