



PREPARATION INSTRUCTIONS FOR GASTROSCOPY

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You have been scheduled for a gastroscopy on: _____

Please check in at PATIENT REGISTRATION on the first floor at _____
(across from Tim Horton's)

Your procedure will begin at _____

(Procedure time is subject to change. You will be given your final check-in time during the reminder call 1-2 weeks prior to your appointment.)

WE REQUIRE A MINIMUM OF FIVE (5) BUSINESS DAYS FOR ALL CANCELLATIONS AND APPOINTMENT CHANGES. (A \$250 FEE MAY APPLY FOR MISSED APPOINTMENTS).

On the day of the procedure, please **DO NOT HAVE ANYTHING TO EAT OR DRINK.** It is essential that the stomach would be empty at the time of the examination.

Procedure takes about 5 minutes to complete. You can expect to be in the hospital for a total of about 2 to 3 hours. Usually, your examination will be done within approximately 1 hour of your arrival in hospital. Every patient, however, is different and you should allow for these times to be flexible as delays can occur. In general, most people are able to leave within 1 to 2 hours after the procedure has been completed.

A gastroscope is a fibre optic instrument which is about the same width as an average pencil. It allows the physician to look directly at the surface of the stomach. This is the most accurate test to diagnose abnormalities of the stomach such as ulcers or tumours.

ADDITIONAL INSTRUCTIONS:

- You will receive sedation during the procedure. **You MUST arrange to have a family member or friend accompany you home.** You will not be permitted to have the procedure without someone to accompany you home. A taxi driver is NOT considered to be an accompaniment. You will not be allowed to use public transit after the procedure. Do not drive a car or operate machinery for 24 hours after receiving the sedation.
- Please complete the attached Questionnaire and bring it to the hospital on the day of your procedure.
- Bring TWO reusable bags for your belongings (large enough for your shoes and clothing) and a reusable cup/thermos for drinking water after your procedure (do not drink until your nurse tells you it is safe to do so).