

## **GASTROSCOPY – INSTRUCTIONS**

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### **Date of Procedure:**

### **Arrival Time:**

### **Procedure Time:**

\*\* Note cancellation or rescheduling within 1 week of the procedure may incur a \$100 cancellation fee at the discretion of the surgeon

### **Location & Details:**

Georgetown Hospital. 1 Princess Anne Drive, Georgetown Ontario. L7G 2B8. Paid Parking is available at the front of the Hospital. Take ticket at parking entrance. Pay machines are located at the entrance of the hospital. Go to the Day Surgery Clinic for registration.

### **Home Medications on day of procedure:**

You should take all your usual morning medications with sips of water (except diabetic pills). If you are diabetic please discuss your medications with your surgeon. Continue your Aspirin or Blood Thinners (e.g. Coumadin/Warfarin, Plavix) as usual unless instructed otherwise.

Other Instructions: \_\_\_\_\_

### **What to bring to your appointment:**

Consent Form, Pre-op Surgical Questionnaire, List of home medications, Health card.

### **After the procedure:**

After the procedure you will be alert once the immediate effects of the sedation wear off, usually over an hour or less. You will be discharged home with an information sheet indicating the results of your procedure. If there are any significant results your surgeon will speak with you or a designated family member immediately after the procedure.

If you received sedation for your procedure you will need someone to drive you home. You cannot operate a motor vehicle or heavy machinery until the morning after the procedure. If you are taking a taxi home, you **MUST** have someone accompany you.

You should not drink alcohol or use sleeping pills or other sedatives pills until the following day.  
Once you depart the hospital there are no other restrictions to your diet and you can restart your home medications unless directed otherwise.

If you notice your abdominal pain or discomfort is worsening after your reach home, or you develop excessive bleeding from your rectum, fevers, or persistent nausea and vomiting go directly to your nearest emergency department.

## **2 weeks before your procedure**

*If you are being tested for H. Pylori Infection*

- Please stop any Proton Pump Inhibitors (PPI's). If anti-acids are needed take over the counter medications such as tums until the procedure is completed. Examples of PPI's: Dexlansoprazole (Dexilant) Lansoprazole (Zoton), Omeprazole (Losec), Pantoprazole (Pantoloc), Esomeprazole (Nexium), Rabeprazole (Pariet).
- Please also avoid any bismuth containing medications, such as Pepto-Bismol
- It is also preferential that you also avoid antibiotics in this time period. If you need to take them please talk to me about this as soon as possible.

*If you are being tested for Celiac disease*

- You will need to be on a gluten containing diet for two weeks prior to your test. You will need to consume at least ½ a slice of gluten-containing bread or one gluten-containing cracker each day

## **1 day before your procedure**

Do not consume anything solid by mouth after midnight until after your procedure. For example, if your procedure is on Monday, nothing solid to eat after 11:59 pm on Sunday.

## **Day of your procedure**

If your procedure time is BEFORE OR AT 12 pm, please do not consume anything by mouth after the midnight before your procedure.

If your procedure time is AFTER 12 pm you may have acceptable clear fluids (see below) **up to 4 hours prior** to your procedure time. After this point, nothing by mouth.

You may have your regular morning medications with sips of water as early as possible (see section on Home Medications).

### **Acceptable Clear Fluids:**

Water, Consommé/broth, yellow or green Jell-O, apple juice, white grape/cranberry juice, ginger ale, soda water. Sports drinks like Gatorade are recommended as a supplement to water because they contain electrolytes and prevent dehydration. Do not drink coffee, black tea, dairy products or anything coloured red, purple or blue.