

INSTRUCTIONS FOR YOUR GASTROSCOPY

YOUR APPOINTMENT IS SCHEDULED FOR:

DATE: ____/____/____ TIME: _____

DOCTOR: _____

Oakville Clinic
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About the Gastroscopy

A gastroscopy is a procedure where the upper digestive tract – the esophagus (the tube leading from the mouth), the stomach and the first part of the small intestine (the duodenum) can be examined using a long thin flexible tube with a tiny video camera at the tip. During the procedure, small pieces of the lining (biopsies) can be taken for study under a microscope and if necessary, for culture for infections. Some polyps can also be removed during the procedure.

Gastroscopy is the most effective way to diagnose and manage diseases of the esophagus and stomach. You will be sedated for this procedure. The procedure lasts about 10 to 15 minutes. You will spend another 30 minutes to an hour recovering from the sedation given for the test.

BEFORE YOUR PROCEDURE

Seven (7) days before your appointment:

STOP taking iron supplements (if applicable).

The night before your appointment:

Midnight (12:00am): NO food until after the procedure. CLEAR fluids only.

You must stop drinking CLEAR fluids three (3) hours before your appointment time

You must arrange for a responsible adult to take you home and meet you inside the clinic. This does not include: taxi driver, Uber, Lyft, Para trans driver, etc.

24 hours after your procedure you CANNOT:

- Drive a vehicle
- Operate heavy machinery
- Perform any business transactions
- Drink any alcohol

Please remember to:

- Wear comfortable clothes; Leave valuables at home (phones are not valuables)
- Do not wear nail polish, hand cream, body lotion
- Bring your OHIP card
- Bring a bottle of juice or Gatorade for after the procedure.

TO CANCEL OR CHANGE APPOINTMENT

This time is reserved for you. If you have to change or cancel this appointment, you must **notify us seven (7) business days prior** to the appointment date.

OTHERWISE, YOU WILL BE CHARGED A CANCELLATION FEE.

PLEASE NOTE: *appointment times are estimated, your patience and understanding is much appreciated. The office may contact you to come earlier if a slot opens up.*