

GASTROSCOPY PREPARATION INSTRUCTIONS

PLEASE REPORT TO THE ENDOSCOPY UNIT ON THE 3RD FLOOR OF THE THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE AT THE TIME INDICATED BELOW. (Please bring your health card with you).

DATE: _____ TIME: _____

PREPARATION: You must have an empty stomach for the scope. Nothing to eat or drink 6 hours before the procedure.

- ☐ If you are booked in the morning before 11:30am, nothing to eat or drink after midnight the night before your procedure, until after your procedure is completed.
- ☐ If you are booked in the afternoon after 12:00pm, you are able to have **clear fluids** up to 6 hours before your procedure time, after that nothing to eat or drink up until after your procedure is complete.

MEDICATIONS: Do not interrupt any of your medications during your preparation for this test. You can take all of your medication with a sip of water. ***Please note: if you are on blood thinners /anticoagulants (such as Aspirin, Plavix, Warfarin, Rivaroxaban etc.), please contact your surgeon's office for further instructions.**

ARE YOU A DIABETIC? Diabetics should not take oral hypoglycemic pill medications the morning of the test. If you take intermediate or long acting insulin at night or in the morning, you should use only one half the number of units you normally would. Do not use any immediate or short acting insulin on the morning of the day of your procedure. You will resume this with your first meal following your procedure.

AFTER THE TEST: Your surgeon will provide you with a note regarding the test outcome, as well as some post procedure information. Any biopsies or polyps that are removed will be reviewed by the pathologist. Results are usually available within 4-6 weeks after they are taken. If there are any concerning or important findings, you will be contacting sooner to return to the clinic to discuss the results. A copy will also be sent to your family doctor to inform them of the results and outline further treatment plans if necessary.

GOING HOME: If you have no sedation with your procedure: You can go home or back to work immediately post procedure and are able to drive yourself.

If you have sedation with your procedure: After the procedure, a person spends about 30 minutes to one hour waking up in the recovery room until the medications wear off. After recovery, you will be discharged from hospital. It is advised that you do not drive for the next 24 hours, and should be discharged to the care of a responsible adult, who will escort you home.

IF YOU ARE UNABLE TO ATTEND YOUR APPOINTMENT OR NEED TO RESCHEDULE, PLEASE CONTACT YOUR SURGEON'S OFFICE 1 WEEK PRIOR OR A FEE MAY APPLY.