

GASTROSCOPY INSTRUCTIONS

NAME: _____

You have been booked for a gastroscopy appointment for _____.

PLEASE report to the Mount Sinai Hospital ENDOSCOPY UNIT on the 6th floor 1 hour prior to your appointment.

ONE WEEK PRIOR

- You must call and confirm with the office at (416) 586-4800 ext 2475**
- If you need to cancel your appointment, please call the office at least 7 days in advance
- Arrange for a responsible adult to take you home after your procedure.

Medications

There are some medications which, in most cases, you should not take prior to the gastroscopy. Please check the list below to see if any apply to you. Notify Dr V. Huang you are on these medications prior to the endoscopy.

- Aspirin**
 - Take your usual dose
 - Stop 5 days before
- Coumadin**
 - Take your usual dose
 - Stop 5 days before
- Iron or Multivitamins with iron**
 - Take your usual dose
 - Stop 5 days before
- Insulin or pills for diabetes** - speak with your family physician (or the physician who prescribed them) about using insulin or pills for your diabetes on the day of procedure.

THE DAY BEFORE - taking the preparation

- If you are only having a gastroscopy performed, you may have regular diet the day before.
- Nothing to eat or drink after midnight.

THE DAY OF PROCEDURE

- On the day of the examination, have nothing to eat or drink until the procedure is done.
- You may take your regular medications with just a sip of water

- Do not bring valuables, jewellery, or large sums of money.
- If you are having sedation for the procedure, please ensure you have someone to pick you up, otherwise the procedure may be cancelled or done without sedation.

- **Check List for What to Bring**
 - Health Card
 - Photo Identification
 - Bring all your medications (including insulin) with you or a Medication List.

AFTER THE GASTROSCOPY PROCEDURE

During the procedure, you will be given a mild sedative by the intravenous route. The total recovery time required in the hospital following the procedure is approximately 1 to 2 hours. Aside from drowsiness, you should feel normal when you leave the hospital. However, you should not drive or operate any heavy machinery until the following day. You may have some residual discomfort of the throat but this should resolve quickly. You should be able to resume eating light meals later in the day and return to normal activities the next day.

Should you develop abdominal pain or unusual bleeding from the rectum, please **call Dr. Huang's office at 416-586-4800 ext 2475**. If the symptoms are severe and you cannot get through to the doctor's office, please go to the closest emergency department.

Please call the office for the results of any biopsies taken during the procedure. These will be available approximately 2 weeks after the procedure.