

Upper Endoscopy Information for Patients

Procedure Date: _____ Arrival Time: _____

Appointment Location: Renfrew Victoria Hospital
2nd Floor – Daycare

Canceling an appointment with insufficient notice prevents the hospital from booking another patient into that appointment. If you need to cancel or reschedule your appointment, please contact the Surgeon's office at 613-432-7201 at least 7 working days prior to your appointment so that someone else can be booked for the procedure. If you cancel less than 7 working days notice, or if you do not show up for your scheduled appointment, there will be a fee of \$100.00.

What is Upper Endoscopy?

Upper Endoscopy is a procedure that allows examination and sometimes treatment of the esophagus (swallowing tube), stomach and duodenum (the first part of the small intestine). During the procedure a video camera attached to a small flexible tube is passed into the stomach through the mouth. Depending upon what is found during the procedure, tissue samples (biopsies) may be taken. Biopsies do not hurt.

Please bring:

- Current medication list and your pill bottles
- Someone to drive you home
- C-PAP machine if you currently use one (for sleep apnea)
- Pre-admission Questionnaire

NOTE: When having both the Upper Endoscopy and Colonoscopy procedure, please follow the preparation instructions for the Colonoscopy Procedure.

1. It is important that your stomach be empty at the time of the examination. Do not eat or drink anything for eight hours before the test. You may, however, take your usual medications and small sips of water when you wake up in the morning.
2. Do not chew gum or hard candy.

***It is illegal to drive for 24 hours after your gastroscopy.
Your driver MUST come to the Daycare Unit to pick you up.***

The Procedure

When you arrive you will be assessed by a nurse and an anesthesiologist. You may be given oxygen through nasal prongs during the procedure. The endoscopy will be performed with you lying on your left side. Medications may be administered through the intravenous line to help you relax and to diminish any unpleasant sensations. A spray medication may be used to numb your throat. A plastic mouth guard will be placed between your teeth to prevent damage to your teeth and the endoscope.

You may be asked to swallow the tube after it is introduced into your mouth. Many patients are concerned that they will have difficulty swallowing the tube, however, the sedating medications make swallowing of the tube easy for almost all patients. Air is introduced through the scope to open the esophagus, stomach and intestine so the scope can be passed through these structures and to allow for adequate examination. This may be temporarily uncomfortable but is not harmful. Many people sleep during the test; others are very relaxed, comfortable and generally not very aware of the examination. It is common for patients to not remember the procedure due to the effect of the medications.

Risks

Although Upper Endoscopy is a safe procedure, complications can occur but are rare.

- Aspiration of food or fluids into the lungs and breathing problems can occur due to the effect of the sedation. The risk of aspiration is minimized if you do not eat or drink for several hours before the examination.
- Reactions to the medicines used to sedate you are possible, so the endoscopy team will ask you about previous medication allergies or reactions.
- The endoscope can cause a tear or hole in the tissue being examined. This is a serious complication and may require surgery to repair, but fortunately occurs very rarely.
- Bleeding can occur from biopsies or the removal of polyps, but it is usually minimal and stops quickly on its own or can be controlled using the endoscope.

After the Endoscopy

You will be observed while some of the medicine wears off. The most common discomfort after the examination is a feeling of bloating from the air introduced during the examination. Some patients also have a mild sore throat. Unless you are given other instructions, you should be able to eat a few hours after the examination.

IMPORTANT

- Stop ASPIRIN or ASPIRIN-containing drugs 7 days before procedure
- Stop WARFARIN/COUMADIN 5 days before procedure
- Stop BRILINTA, TICLOPIDINE, PLAVIX 5 days before procedure
- Stop ELIQUIS, PRADAXA and XARELTO 2 days (48 hours) before procedure
- You do not need to stop your ASPIRIN
- We will arrange a referral to the Thrombosis Program
- Take your usual morning blood pressure, heart and thyroid pills with a small sip of water
- If you are diabetic DO NOT take your diabetes pills
- If you use long-acting insulin, you should take HALF of the regular dose
- Continue to take your inhalers as usual
- Bring any inhalers with you to the hospital