

**Appointment Date and Arrival Time:** \_\_\_\_\_

Please arrive at the Surgical Daycare Unit 2<sup>nd</sup> Floor RVH at your given arrival time (will be ~1.5hours prior to procedure).

**Cancelling 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 this procedure. If you cancel with 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 for any missed appointments.**

### **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. Additional information is available online through our website ([www.renfrewhosp.com/patient-resources](http://www.renfrewhosp.com/patient-resources)).

**NOTE: If you are having both an Endoscopy and Colonoscopy, please follow the preparation instructions for the Colonoscopy Procedure.**

### **INSTRUCTIONS FOR PREPARING FOR YOUR ENDOSCOPY:**

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 within 3 hours of the test.

### **IMPORTANT**

- **If you are on a blood thinner** (Coumadin/warfarin, Pradaxa, Xaralto, eliquis, etc) – speak to the Booking Clerk regarding clear instructions for stopping the medication and timing prior to your endoscopy
- You do not need to stop baby aspirin (ASA 81mg) unless you are specifically instructed to – in which case it should be stopped 7 days prior to the colonoscopy
- Take your usual morning blood pressure, heart, and thyroid pills with a small sip of water
- **If you are diabetic** – speak to the Booking Clerk regarding clear instructions for which medications and doses to take
- **Continue your inhalers** as usual and bring any inhalers with you to the hospital

### **Day of the Endoscopy please bring:**

- Current medication list and your pill bottles
- Someone to drive you home
- Pre-admission questionnaire

***It is illegal to drive for 24 hours after your endoscopy.  
Your driver MUST come to the hospital to pick you up. You cannot take a taxi home.***

## **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.