

## Questions?

Your physician will speak to you before your procedure and may ask to speak with you after your procedure to explain any findings or to arrange a follow-up appointment to discuss your results.

If you wish to call your Endoscopist's office for results, please allow up to 2 weeks for results.

# Gastroscopy

*Information for patients and families*



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# What is a Gastroscopy?

A Gastroscopy is a procedure that looks at the lining of the upper digestive tract including the esophagus, the stomach, and the duodenum.

## PREPARING FOR A GASTROSCOPY?

- No eating after midnight but you can have clear fluids (water, juice, coffee or tea – no milk or cream added) up until 2 hours before your procedure.
- Take your prescribed medications, as outlined by your family physician, with a small sip of water.
- Your doctor will give you instructions about how to prepare for your Gastroscopy.
- Please leave your valuables at home.
- Arrange to have a friend or family member take you home after the procedure.
- You may be asked to adjust the dose of your medications (such as insulin and other diabetic medications).
- If you are taking blood thinning medications, check with your prescribing physician whether these medications need to be stopped or continued for the endoscopic procedure.

## WHAT HAPPENS DURING A GASTROSCOPY?

- The procedure typically takes between 10 and 20 minutes to complete.
- An intravenous (IV ) needle will be put in your arm or hand.
- You will be given medication through the IV to make you feel relaxed.
- Your mouth and throat will be sprayed to numb it. This will increase your comfort.
- You will also get a plastic mouth guard to protect your teeth.
- A thin tube with a camera will be inserted into your mouth and down into your esophagus, stomach, and duodenum.
- Your doctor might also perform a biopsy – taking a small piece of tissue from the lining of the digestive tract. You will not feel this.

## WHAT HAPPENS AFTER A GASTROSCOPY?

- After the procedure, you will be observed in a recovery area until the effects of the sedative medication wears off.
- Once you have met the discharge criteria, you will be able to go home.
- A nurse will review your discharge instructions with you.
- Your physician may ask to see you before you leave.
- Wait 2 hours after your gastroscopy before eating or drinking.
- Do not return to work on the day of procedure.
- Do not drive a car or operate machinery until the next day.

## FOLLOWING YOUR GASTROSCOPY, YOU MAY EXPERIENCE:

- Sore throat

## IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS AFTER YOUR GASTROSCOPY:

- Persisting abdominal pain
- Visible bloating of your stomach
- Distention
- Vomiting
- Fever
- Trouble swallowing
- Black bowel movements
- A “crunching” feeling under the skin on your neck

**Please go to your nearest Emergency Department.**

