

## How to Prepare for a Gastroscopy

**Please take the time to read all instructions and information before your procedure carefully; if you have any questions, please contact our office directly.**

- We will call you to inform you of the date of your procedure.
- Several days before your procedure, the hospital will call to inform you of the time of your Gastroscopy.
- The Endoscopy department is located on the 3<sup>rd</sup> floor of the newer side of the hospital.
- Please call 403-529-8815 should you require further assistance with directions.
- If you arrive at the hospital entrance, staff will be able to assist you to the right floor.

### What to know about Gastroscopy

Gastroscopy is a common day procedure performed for many indications:

- Diagnosis and treatment of various esophagus, stomach, and duodenum conditions.
- Providing additional information which cannot be obtained by imaging studies, such as CT scans, X-rays, and upper GI barium swallows.
- Ability to obtain biopsies which are sent to a pathologist for evaluation.
- In certain situations, procedures, such as bleeding treatment, dilation of strictures, and more may be performed during the gastroscopy.

### Complications

- The risk of complications from gastroscopy is 1 in 10000.
- Risks include:
  - Aspiration
  - Reaction to anesthetic (including heart attack and stroke)
  - Bleeding
  - Perforation- would require admission to hospital and possible surgery.

### Medications

In certain situations, you may be required to adjust or stop certain medications before your procedure.

- Antiplatelets (ASA, Plavix, Ticagrelor) are ideally stopped before the procedure. These may not be able to be stopped depending on the reason you are taking them.
- Stop ASA 7 days before.
- Stop Plavix 5 days before.
- Stop Ticagrelor, Xarelto, Eliquis, Edoxaban 3 days before.
- Anticoagulation (blood thinners) should also be stopped before the procedure if safe to do so. Diabetes medication may need to be adjusted during fasting before the procedure.

**\*\*If you are taking these medications, please make sure to discuss them with Dr. Stach before your procedure\*\***

## Preparation

### Evening before the procedure

- Do not have anything to eat or drink **after midnight**.
- If your test is in the afternoon, you may drink clear fluids up to **4 hours prior** to the procedure. **Absolutely NO solids**.

### Day of procedure

- You will arrive at the hospital at the designated time, meet the team, change into a hospital gown, and receive an intravenous for medication and fluids.
- The procedure generally takes about 10 - 15 minutes.
- After your procedure, you will be required to stay at the hospital for 1-2 hours after your test.
- Any samples collected may take several weeks before the results are received.
- You will receive a copy of your test results before you leave.

### After the procedure

- You may have a sore throat for a day or two – this is normal.
- You may also feel bloated due to the carbon dioxide introduced during the procedure.
- Once you return home, you can begin a normal diet.

### Important considerations

- You can expect to be at your appointment for approximately 2-3 hours.
- You are **NOT** allowed to drive until the day after your procedure.
- Please make arrangements for a ride home after your procedure. You will not be legally permitted to drive yourself or take public transit.
- Cancel at least one week prior to the procedure. If insufficient notice given, depending on circumstances, you may be discharged from Dr. Stach's care.
- Contact Dr. Stach's office if you have any questions regarding this information.