

# GUIDE

## ESOPHAGO-GASTRO- DUODENOSCOPY (GASTROSCOPY)

Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Campus: \_\_\_\_\_



The Ottawa Hospital | L'Hôpital  
d'Ottawa

*This booklet contains general information which cannot be construed as specific advice to an individual patient. All statements in the booklet must be interpreted by your personal physician/therapist who has the knowledge of the stage and/or extent of your particular medical condition.*

*This booklet was prepared in joint collaboration with the GI/Endoscopy Unit staff and physicians.*

*The Ottawa Hospital is a teaching hospital. Residents, fellows and medical students may be involved with your attending physician to discuss your care and treatment.*

**Please write your list of medications and allergies below**

e.g.: Pantium 20 mg twice a day

**Responsible person taking me home:**

Name: \_\_\_\_\_ Tel.: \_\_\_\_\_

## ***What You should Do***

- **Bring this pamphlet with you on day of appointment.**
- Tell your physician if:
  - You are allergic to any drugs or food
  - You take medications
  - You have heart or lung problems
  - You are diabetic
  - You are pregnant or breastfeeding
  - You have glaucoma
  - You are on blood thinners
- Do not eat or drink after midnight on the evening before the procedure. If your appointment is scheduled in the afternoon, you may have a liquid breakfast before 8:00 a.m.
- You are allowed to take bedtime medications. If taking early morning medications or diabetic, check with your physician.
- Bring a list of your medications with you.
- For safety purposes, remove jewellery and body piercings.
- Do not bring valuables (money, jewellery, body piercings, etc.). The Ottawa Hospital does not assume any responsibility for lost or stolen articles.
- Remove nail polish and do not wear perfume.
- Bring your glasses, hearing aid or other prosthetic device.

- Bring your Ottawa Hospital card if you have one and your Health card (OHIP, Quebec) and come directly to the Unit.
- ***This procedure is usually done without sedation. If you wish to receive sedation for your procedure:***
  - A family member or friend ***must*** be available to take you home after your procedure. You must make arrangements before you come to the Hospital. Your procedure may be cancelled if you do not have someone to ***accompany*** you home or you may choose to undergo the procedure without receiving sedation.
  - Please bring the telephone number of the person who will take you home when you come to the hospital. We will contact that person when you are ready to leave.
  - If you live alone, it is recommended that someone stays with you overnight.

## ***Esophagogastro-Duodenoscopy (Gastroscopy)***

The gastroscopy will allow your physician to inspect the lining of your esophagus, stomach and duodenum with a flexible tube (an endoscope) passed through the mouth.

## ***Why This Test?***

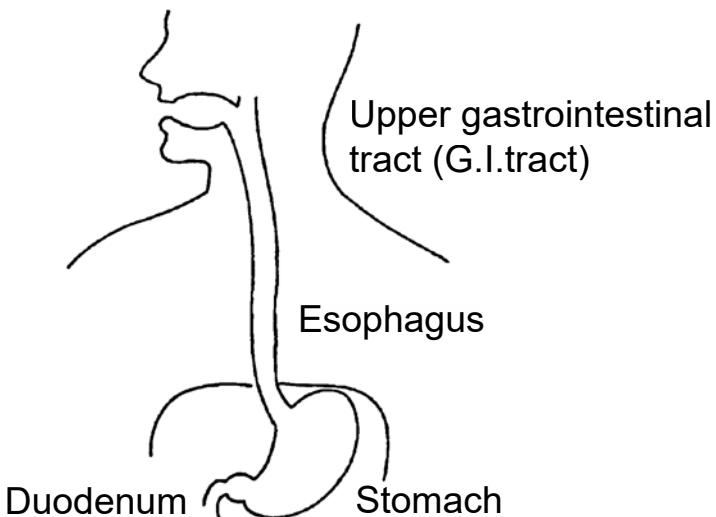
The gastroscopy gives the physician information that x-rays and other tests do not.

It helps the physician to determine the nature of your problem.

It allows the physician to take a small piece of tissue (a biopsy) if necessary.

## ***How the Gastroscope Works***

The gastroscope is an instrument (or tube) that transmits light and image electronically from a computer chip on the tip of the instrument, back to the viewer. Therapeutic and diagnostic procedures can also be performed by inserting other instruments through a hollow section of the endoscope.



## ***Before the Procedure***

- You will be asked to cover your clothing with a hospital gown.
- The nurse will ask you questions pertinent to your medical history.
- The nurse will also start an intravenous in your arm if you are to receive sedation.

## ***What Should You Expect During the Procedure***

- You will be accompanied to the procedure room either walking or by stretcher.
- A nurse will be with you.
- You will be asked to lie on your left side on the stretcher.
- Your throat will be frozen with a spray.
- The physician will then ask you to swallow the endoscope which is smaller than most food you swallow.
- It is uncomfortable but not painful, and you can breathe normally.
- During the procedure the physician must put air into your stomach which may cause burping.

## ***What Happens After the Procedure***

- If you received sedation, you will return to the recovery area where the nurse will take your blood pressure and pulse on a regular basis.
- You will be fastin for 1 hour after the gastroscopy.
- You will stay a minimum of 45 minutes.
- Additional tests or treatment may be needed; the physician will discuss it with you or he will give you a written note.
- Some results are available right away, others take longer. The physician will make the necessary arrangements before your departure.

## ***On Leaving the Hospital***

This procedure is usually done without sedation and you may leave the hospital immediately after the procedure.

### ***If you received sedation at your request:***

- You must not drive a motor vehicle, operate hazardous equipment, or make any legal decisions for 24 hours. It is against the law (Criminal Code) to drive a motorized vehicle under the influence of sedative drugs.
- You are advised not to consume alcohol for 24 hours following your procedure.
- You must be accompanied by a responsible adult, even if you are travelling by taxi. **It is unsafe for you to travel by bus.**
- Follow the instructions given by your nurse and physician.



# Directions

## Civic Campus

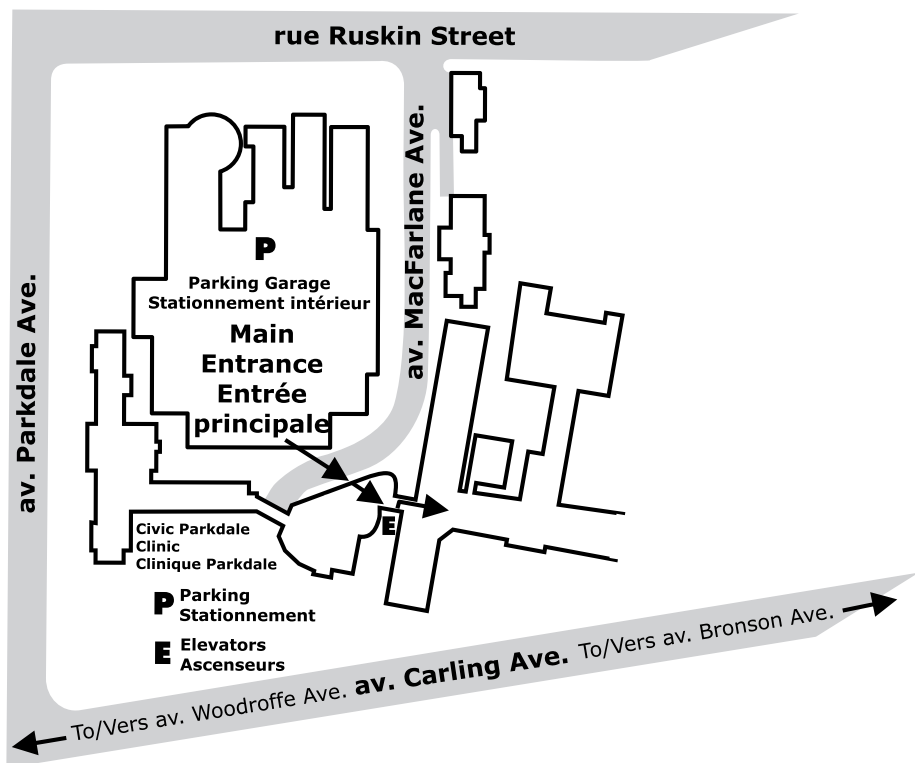
- Enter through main entrance and turn left.
- Take elevator to 1st Floor.
- Turn right out of elevator.
- Walk to A1 sign and turn left.
- Proceed to end of hall, Endoscopy Unit.

## Civic Campus

1053 Carling Ave.

Ottawa, Ontario

K1H 7W9

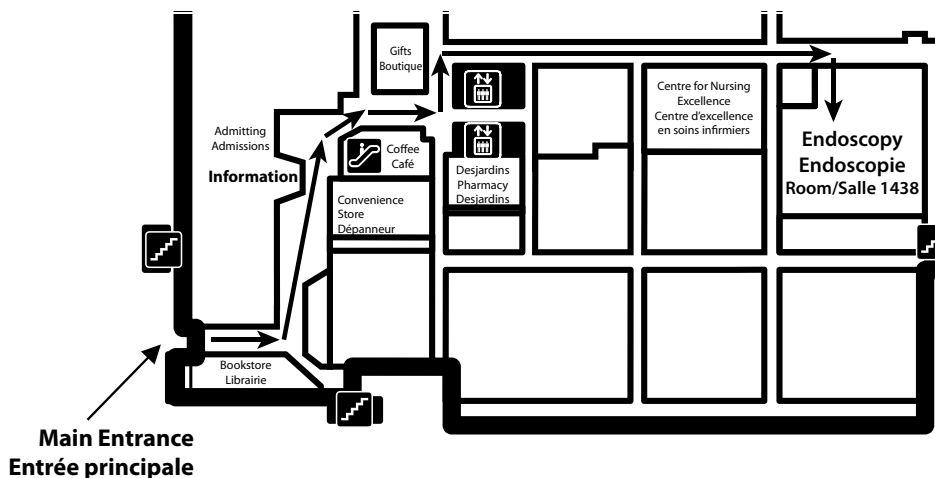


## General Campus

- Come in by main entrance.
- Turn left.
- Pass the Coffee Shop.
- Turn left.
- Turn right in the first hallway.
- Follow hallway down to Endoscopy, Room M1438.

## General Campus

501 Smyth Rd.  
Ottawa, Ontario  
K1H 8L6



## Riverside Campus

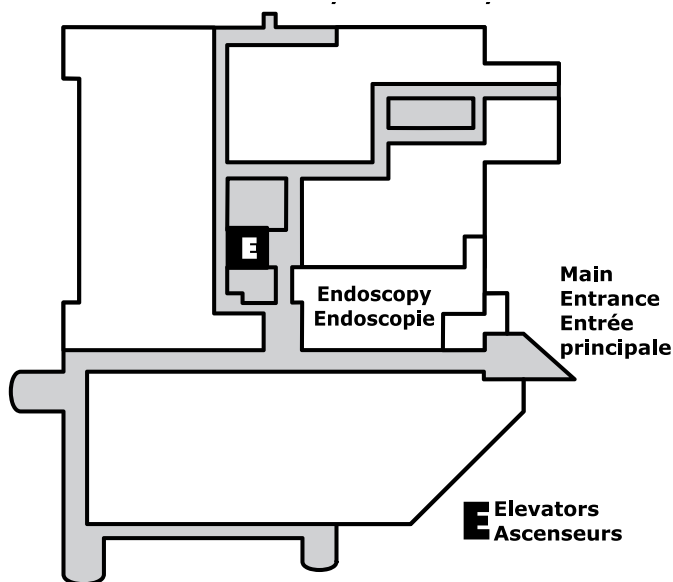
- Take main entrance straight down the hall, turn right towards elevators.
- Endoscopy is first door on the right before the elevators.

## Riverside Campus

1967 Riverside Dr.

Ottawa, Ontario

K1H 7W9



**Main Floor** **Rez-de-chaussée**  
(Level 2) (Niveau 2)