ESOPHAGO-GASTRO-DUODENOSCOPY
(GASTROSCOPY)

Appointment:
Date: ____________  Time: ______________
Campus: __________________________
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

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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.
• Procede 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