

South Island Gastroenterology Associates, PC

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Your procedure is scheduled for Date: _____ Time: _____

Instructions for Gastroscopy Preparation

PLEASE READ ALL INSTRUCTIONS THE DAY YOU RECEIVE THEM.

DO NOT TAKE ANY ASPRIN-LIKE DRUGS BEGINNING ONE WEEK BEFORE YOUR PROCEDURE.

IF YOU TAKE COUMADIN, YOU MUST BRING THIS TO THE ATTENTION OF THIS OFFICE.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT PRIOR TO YOUR PROCEDURE.

What is a Gastroscopy?

A gastroscopy is a long, thin flexible tube that allows direct viewing of the upper digestive tract. To perform gastroscopy, this flexible telescope is passed through the mouth and back of the throat into the upper digestive tract. The lining of the esophagus, stomach and duodenum (first portion of the small intestine) can be visualized. The gastroscopy is passed through the esophagus on its way into the stomach. It does not enter the trachea and does not interfere with your ability to breathe normally during the procedure.

Abnormalities, which may be too small to be seen on x-ray, can be detected by this technique. In addition, abnormalities suspected by x-ray can be confirmed. If the doctor sees a suspicious area, he can pass an instrument through the endoscope and take a small tissue sample (a biopsy) for examination in the laboratory. Biopsies are taken for many reasons and do not necessarily imply cancer. There is no pain associated with this type of biopsy.

Other instruments can also be passed through the endoscope including a small brush to wipe cells from a suspicious area for examination in the laboratory (a form of pap smear or cytology) and a wire loop or snare to remove polyps (abnormal, usually growths of tissue).

What to bring:

1. The first and last name, phone number and address if all doctors you want to receive a copy of your procedure report.
2. Someone to drive you home. Sedation is usually given during your procedure. **If you have not arranged for someone to drive you home, your procedure may be cancelled.** The person who signs you out must be with you in the office before you can be released and must be 18 years of age. You will not be able to drive, operate

machinery, make important decisions or return to work for the rest of the day. You may resume to normal activities the next day unless the doctor states otherwise.

3. Your insurance cards. Many insurance carriers (not Medicare) and managed care organizations require preauthorization or precertification. *If you have specific questions about coverage for your upcoming procedure, please contact your insurance company.*

What to wear:

Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables.

PREPARATION

For safety and the best possible examination, the stomach must be completely empty so you should have nothing to eat or drink after midnight the night prior to your procedure.

Be sure to let the doctor know if you are allergic to any drugs. Also, please let him know in advance if you have history of heart murmur, vascular graft implantation or prosthetic joints as prophylactic antibiotics may be necessary prior to performing gastroscopy in these situations. DO NOT take any aspirin-like drugs beginning one week before your procedure. You may take Tylenol.

IF YOU ARE AFFECTED BY ANY OF THE CONDITIONS LISTED BELOW,
PLEASE FOLLOW THESE INSTRUCTIONS:

Diabetes: If you are on insulin, hold your dose until after the procedure. Please inform us if you are on insulin so that we can schedule you early in the day.

Heart and Blood Pressure Medications: Continue with sips of water at the "usual time" up until 2 hours prior to the procedure time. If you normally take the medication within two hours of the scheduled procedure time then wait until after the procedure to take the medicine.

Hip or Knee replacement in the past 6 months, vascular graft in the past year, coronary stent in the past 6 weeks: Some physicians may recommend antibiotics before your gastroscopy. Please discuss this with the physician who performed the surgery or stent. If the physician recommends antibiotics please call this office and inform the nurse or physician. Do not schedule your procedure before 8am.

Aspirin: If you are taking **PRESCRIBED** by your MD please continue to take it. If you do not have a heart or blood vessel or clotting disorder, and you are taking aspirin on your own without a doctor's advice, please stop taking aspirin 5 days before your procedure.

Coumadin, Plavix, Heparin, Lovenox or other anticoagulants: Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before

your exam. If you take Coumadin, you may need a blood test two hours before your exam.

What to expect during the procedure:

The doctor will explain the procedure to you and you will be asked to sign a consent form prior to the endoscopic procedure. All dentures or removable dental prostheses should be removed before the endoscopy. You will receive medication through a vein to make you relaxed and sleepy and your throat may be sprayed with a local anesthetic. When you are comfortable position, the gastroscope is inserted through the mouth and into the esophagus, stomach and duodenum. The procedure is well tolerated with little or no discomfort. Many patients even fall asleep during gastroscopy.

Following the gastroscopy:

You will be kept in the endoscopic area until most of the effects of the medication have worn off.

You have a feeling of bloating in your stomach after the exam since air is put into the stomach to allow the doctor to see. A slight sore throat is also normal.

It is our hope that the information is helpful to your understanding of gastroscopy. Please feel free to contact our office regarding any questions you may have. We will be glad to assist you in any way we can, as we share a common goal- your good health and well being.