

North Bay General Hospital

Surgery Care Centre

Gastroscopy

Date of Procedure: _____

Arrival Time: _____

Place: *Day Surgery Level 300*

1. A **gastroscopy** is an examination of the esophagus, stomach and duodenum (first part of the small bowel).
2. Gastroscopy is a safe procedure and a very valuable diagnostic tool. It is performed by specially trained physicians who are assisted by specially trained personnel.
3. A gastroscope is a long, thin, flexible tube with a light. The tube is inserted through your mouth, and allows direct visualization of your upper intestinal tract. Polyps (tiny growths) may be removed. Tiny swallowed objects may be removed. Strictured (narrowed) areas may be dilated (stretched).
4. Instruments may be passed through the gastroscope to take tiny painless biopsies (samples of tissue), cell brushings of fluid samples for microscopic examination in the laboratory. Photographs may also be taken during the procedure.

Prior to Your Procedure

For the best possible examination, the stomach must be completely empty. **You must have nothing to eat, drink or smoke, including water, from midnight the evening before the procedure.**

1. Be sure to let your doctor and nurse know what medications you are taking and if you have any allergies to drugs or food, and if you are taking anticoagulants (blood thinners).
2. If you are taking prescription drugs for any condition, it is advisable not to take them until your procedure is completed. Certain conditions (i.e.: epilepsy, diabetes, transplants) require special consideration. If you have any concerns, consult your doctor.

Day of Procedure

1. Please report to Day Surgery – Level 300 **as per instructions given to you by your Doctor's office.**
2. If you receive IV sedation you will require someone to drive you home. You will not be allowed to drive for 24 hours.

In Day Surgery

1. Consents are required. (In the care of a minor, have a parent or guardian available to sign).
2. You may be asked to change into a hospital gown.
3. Your vital signs will be taken.
4. You will be required to remove your dentures.
5. You may be given an intravenous medication to make you sleepy and relaxed.
6. Your throat will be sprayed with a local anesthetic (freezing spray) or gargle to help control gagging.
7. You will be asked to swallow the endoscope which is thinner than most food you swallow. This is surprisingly easy.
8. The procedure is usually well tolerated and rarely causes pain.
9. The procedure does not interfere with breathing or cause choking. Because air is introduced, you may feel bloated and crampy. This feeling passes quickly after the procedure.
10. At the time of discharge, you will be given instructions for follow-up. If you are unable to keep the appointment, please notify your doctor's office.

"This flyer contains general information which cannot be construed as specific advice to an individual patient. All statements in the flyer must be interpreted by your personal physician or therapist who has the knowledge of the stage and the extent of your particular medical conditions. Any reference throughout the document on specific pharmaceutical products does not imply endorsement of any of these products."