

Type of Procedure: _____

Date and Arrival Time for Procedure: _____

**** Please arrive at Day Surgery on Level 300 to register for your procedure****

Gastroscopy

- A **gastroscopy** is an examination of the esophagus, stomach and duodenum (first part of the small bowel). A gastroscopy is a safe procedure and is a valuable tool to diagnose and/or treat certain conditions.
- A gastroscope is a long, thin, flexible tube with a camera and a light that allows images to be seen by the doctor. The scope is inserted through your mouth, and allows doctors to visualize your upper intestinal tract magnified on a video screen. Here is a list of some of the things that can be done during a gastroscopy:
 - Removal of small tissue growths called polyps
 - Removal of swallowed objects
 - Stricture dilation - stretching an area of narrowing
 - Biopsies of tissue - a very small sample of tissue is taken and sent to the lab at NBRHC. Biopsies are painless and results can help diagnose conditions. Your Endoscopist will notify you of the results.
 - Photographs may be taken during the procedure with the gastroscope

Colonoscopy and Flexible Sigmoidoscopy

- A **colonoscopy** is an examination of the rectum, large bowel (colon) and at times the terminal ileum (the last part of the small bowel). It is a safe procedure and is a valuable tool to diagnose and/or treat certain conditions.
- A **flexible sigmoidoscopy** is an examination of the last part of the colon (the rectum and sigmoid colon) using a colonoscope. A full bowel prep is not needed, but patients might be required to have an enema prior to the procedure.

- A colonoscope is a long, thin, flexible tube with a camera and a light that allows magnified images of your large bowel (colon) to be seen by the doctor on a video screen.

Here is a list of some of the things that can be done during a colonoscopy:

- Removal of small tissue growths called polyps. Polyps are abnormal growths of tissue that can vary in size. Many polyps are benign (non-cancerous) but a small percentage of them can turn into cancer with time. This is why they are removed when found during a colonoscopy. All polyps that are removed are sent to the NBRHC lab for analysis. Your Endoscopist will notify you of the results.
- Removal of objects
- Stricture dilation - stretching an area of narrowing
- Banding of haemorrhoids - a small band is placed around a haemorrhoid to cut off the blood supply
- Biopsies of tissue - a very small sample of tissue is taken and sent to the lab at NBRHC. Biopsies are painless and results can help diagnose conditions.
- Photographs may be taken during the procedure with the colonoscope

Prior to Your Procedure

For the best possible examination, the gastrointestinal tract must be completely empty. **You must not smoke or have anything to eat or drink (including water), from midnight the evening before the procedure. If you do eat or drink past midnight, it may result in the rescheduling of your procedure. If you are receiving a colonoscopy, please follow the instructions for the bowel prep provided by your Endoscopists' office**

- 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).
- 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

- If you receive intravenous sedation, you will require someone to drive you home and have a responsible adult stay with you for 24 hours. You will not be able to drive for 24 hours.
- If you are having a gastroscopy, your throat may be sprayed with a freezing spray. You will not be able to drink or eat for 1 hour after the spray is given.

- You may be asked to sign a consent form or your Endoscopist will get verbal consent from you.
- You will have your vital signs (temperature, heart rate, blood pressure etc.) checked, and if applicable your blood sugar.
- You will change into a hospital gown and be asked to remove any hearing aids, dentures or glasses (this can be done in the procedure room once you have talked to all essential personnel).
- You will be placed in a waiting room and will be called into the procedure area closer to your procedure time. Please be mindful that emergency cases and delays can happen. The department will complete your procedure as timely as possible.
- Procedures are usually tolerated well. Some bloating and cramping can be normal due to the air introduced into the gastrointestinal tract. This feeling passes quickly.
- Depending on what was done during your procedure, you may be given specific dietary restrictions. **Unless told otherwise**, restart your normal diet. Start slowly to prevent nausea.
- At the time of discharge, you will be given instructions for follow-up. If you are unable to keep the appointment, please notify your Endoscopist'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 condition. Any reference throughout the document on specific pharmaceutical products does not imply endorsement of any of these products. Please visit our website at www.nbrhc.on.ca