



Gastroscopy Prep

Instructions for Patients Having Gastroscopy Examination

Prior to Examination:

1. You should have NOTHING to eat or drink, including water, from midnight the night before the examination until two (2) hours following the examination.
2. The stomach must be completely empty to enable the physician to complete the examination. This also prevents vomiting during the examination.
3. Consult your physician about taking any required medication usually taken in the morning.
4. The length of the procedure and recovery period is approximately one to two (1 - 2) hours.
5. Arrange for a ride home afterwards. **Do NOT drive yourself.** It is not safe to leave by bus, taxi or alone. Your driver does not have to stay waiting for you, but needs to leave a number to call when you are ready to go home.

Day of Gastroscopy Examination:

1. NO FOOD or FLUIDS.
2. Report directly to the Sault Area Hospital Endoscopy Suite.
3. Your throat will be anaesthetized so you will not be able to eat or drink for two (2) hours after your throat is sprayed.
4. The length of your procedure and recovery is approximately one to two (1 - 2) hours.

Following the Examination:

1. You may feel bloated, as air has been blown into your stomach.
2. After being driven home, rest until all of the effects of the sedation have worn off.
3. Mechanical irritation may cause a mildly sore throat. Throat lozenges should relieve the discomfort. You should not expect to have pain or bleeding following the examination.
4. You may eat normally two (2) hours after the examination.
5. A date for a follow-up appointment to discuss your test results will be given to you prior to your discharge if the physician thinks it's necessary.

Gastroscopy Appointment:

_____ (day)

_____ (month)

_____ (time)

*If you are unable to keep your appointment, please call the Group Health Centre Surgery department at (705)759-5651 at least **one day** before your scheduled appointment.*