

Results

The results will be explained at the conclusion of your procedure. Because of the sedation, you may not remember what you have been told. If you require further explanation, you should call the physician who performed the procedure or make an office appointment for a complete explanation.

Is Gastroscopy Really Necessary?

The decision to perform this procedure was based on assessment of your particular problem. If you have any further questions about your need for the examination or your ability to tolerate the preparation or procedure, please do not hesitate to speak with your physician.

It has been decided, after careful assessment of your medical history, that a Gastroscopy is necessary for further evaluation, diagnosis and treatment of your condition.

Your procedure has been arranged for:

Under the direction of

Dr. _____



Please report to the **Admitting/Central Patient Registration Area** on the first floor G-Wing, then proceed to Endoscopy Unit, 2nd Floor, F-Wing Room 215.

If unable to keep your appointment, please notify your doctor's office or Endoscopy Unit at **(416) 469-6603**.

This information is of a general nature, and may vary according to your special circumstances.



TORONTO EAST
GENERAL HOSPITAL

Some Answers to Questions about

Gastroscopy

This Brochure has been prepared to help you understand the procedure.

Please read it thoroughly.

**825 Coxwell Avenue
Toronto, Ontario
M4C 3E7**

What is Gastroscopy?

A Gastroscopy is an examination of the esophagus, stomach, and duodenum.

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.

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.

Instruments may be passed through the gastroscope to take tiny, painless biopsies (samples of tissue) for microscopic examination in the Laboratory.

Polyps (tiny growths) may be removed. Tiny swallowed objects may be removed.

Strictured (narrowed) areas may be dilated (stretched).

What Preparation is Required?

For the best possible examination, the stomach must be completely empty, **so you should have nothing to eat or drink from midnight the evening before your examination.** You may have clear fluids only 4 hours before your examination.

Be sure to let your doctor and nurse know what medications you are taking and if you are allergic to any drugs or food, if you are taking any anticoagulants.

If you are taking any prescription drugs for any condition, it is advisable to ask your Doctor which one you should take

on the day of your test. Please bring a list of all your medications with you. Certain conditions (i.e., epilepsy, diabetes, transplants) require special consideration. If you have any concerns, consult your physician.

What to Expect

- Register at the Admitting/Central Patient area on the first floor. After registering, proceed to the Endoscopy Unit, 2nd Floor, F-Wing, Waiting Area.
- Consent for procedure is required (in the case of a minor, have parent or guardian available to sign).
- You will change into a hospital gown.
- You will empty your bladder.
- Your vital signs will be taken.
- You will be required to remove all dentures.

In the Procedure Room

- An IV will be started for sedation.
- You may be given an intravenous injection to make you sleepy and relaxed.
- Your throat will be sprayed with a local anaesthetic (freezing spray) to help control gagging.
- The examination will be done with you lying on your left side.
- You will be asked to swallow the endoscope, which is thinner than most food you can swallow. This is surprisingly easy.
- The procedure is usually well tolerated and rarely causes pain.
- The examination 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.

After the Gastroscopy

- Because your throat will be frozen, you will not be allowed to eat or drink for at least one hour following your procedure.
- You will be taken to the GI recovery area where you will remain until most of the effects of the medication have worn off.
- When your nurse has decided that you are sufficiently recovered, you will be discharged in the company of your driver. You will not be allowed to drive for 24 hours.
- At the time of discharge, you will be given instructions for follow-up.

Complications

Complications are extremely rare but can occur.

One complication is perforation or tear through the lining of your upper intestinal tract. This may be managed simply by suctioning the area until the tear seals or surgery may be required. Bleeding may occur from a biopsy site or polyp removal. This is usually minimal but, rarely, blood transfusions or surgery may be required.

Irritation of a vein can occur at an injection site. A tender lump or bruise may develop and last from several days to months. It eventually goes away with no ill effects.

Other risks include drug reactions and complications from unrelated medical conditions. Your physician and his staff are alert to the possibilities and are fully equipped to handle any complications, which may arise.