



Rose City Endoscopy

For Health and Peace of Mind

Operated by Dr. V. Khokhotva Medicine Professional Corporation

2109 Ottawa Street, Unit 1060
Windsor, ON, N8Y 1R8
Tel.: 519-254-4154
Fax: 519-254-4158
www.rosecityendoscopy.ca

Patient Instruction Sheet for Gastroscopy

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PLEASE READ AND FOLLOW THE INSTRUCTIONS VERY CAREFULLY, OR YOUR PROCEDURE MAY BE CANCELLED.

Gastroscopy Date _____ Time: _____

IF YOU NEED TO RESCHEDULE YOUR GASTROSCOPY - PLEASE NOTIFY OUR OFFICE (519) 254-4154 AT LEAST 5 BUSINESS DAYS BEFORE PROCEDURE DATE

ON THE DAY OF THE PROCEDURE:

-If your procedure is scheduled **at Rose City Endoscopy**: ARRIVE AT ROSE CITY ENDOSCOPY 30 MINUTES BEFORE YOUR PROCEDURE TIME AND REGISTER AT THE RECEPTION DESK.

-If your procedure is scheduled **at Windsor Regional Hospital**: ARRIVE AT WINDSOR REGIONAL HOSPITAL MET CAMPUS 1 HOUR PRIOR TO YOUR PROCEDURE. REGISTER YOURSELF FIRST AT THE ADMITTING DEPARTMENT.

Discharge/Pick-up time is roughly 2 hours after procedure time. Please make arrangements to have an adult pick you up. We will ask you before your procedure to provide the name of the adult who will take you home. **If there is no acceptable adult who can pick you up, you will not be given sedation that day.**

MEDICATIONS

Please make sure that you take all your scheduled morning medications on the day of the procedure except for:

- Plavix (or Clopidogrel) – Stop 7 days prior to the procedure .
- Brilinta (or Ticagrelor) – Stop 7 days prior to the procedure .
- Coumadin (or Warfarin) – Stop 5 days prior to the procedure.
- Pradaxa (or Dabigatran) – Stop 3 days prior to the procedure.
- Xarelto (or Rivaroxaban) – Stop 2 days prior to the procedure.
- Eliquis (or Apixaban) – Stop 2 days prior to the procedure.
- Diabetes medications – Stop on the day of procedure. Check your blood sugar regularly.



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– PREPARATION INSTRUCTIONS

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The day of the Gastroscopy:

IF YOUR GASTROSCOPY IS IN THE MORNING, do not eat or drink anything on the day of the procedure.

IF YOUR GASTROSCOPY IS IN THE AFTERNOON, YOU MAY NOT HAVE ANY SOLID FOOD. DRINK ONLY CLEAR LIQUIDS. Clear liquids include Gatorade, juices, black tea, black coffee, broth (beef or chicken), jello, popsicles, soft drinks, and water. **NO MILK, NO ORANGE JUICE, NO RED LIQUIDS. Stop taking anything by mouth 3 hours before the time of your appointment.**

AFTER YOUR PROCEDURE

You will not be allowed to drive home after the procedure and you may not take a taxi home alone.

You will be unable to operate any motor vehicle or any equipment for 24 hours following your procedure. Likewise, do not engage in activities requiring alertness (such as cycling, using power tools, etc.) or make important decisions for 24 hours after having sedation.

Start taking your regular medications unless instructed otherwise by your physician.

POSSIBLE COMPLICATIONS

- The instrument may puncture a hole through the stomach wall, which may need to be repaired by surgery. The risk of perforation is approximately 1 in 2000.
- Bleeding may occur from the site of biopsy or polyp removal. The risk is approximately 1 in 500. This usually stops by itself, but may require additional intervention or therapy.
- The stress of the procedure and medications used for sedation may rarely produce irregular heart rhythms or other types of heart or breathing complications requiring treatment. You will be monitored carefully during and after the procedure.
- If you have severe abdominal pain, fever, or significant rectal bleeding after your procedure, you must urgently return to the closest Emergency Department.

FEES

In order to avoid a cancellation fee¹, please contact us at least 5 business days before your procedure if you need to cancel.

Procedures such as colonoscopy, gastroscopy, and flexible sigmoidoscopy are covered by OHIP. Please bring a valid OHIP card with you.

1. Fees are charged under authority of Ontario Regulation 856/93, as amended (made under the *Medicine Act*, 1991), s. 1(1)20.