



Rose City Endoscopy

For Health and Peace of Mind

Operated by Dr. V. Khokhotva Medicine Professional Corporation

2109 Ottawa Street, Unit 1060
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www.rosecityendoscopy.ca

PATIENT INFORMATION REGARDING GASTROSCOPY

What is a gastroscopy?

Gastroscopy, also known as esophagogastroduodenoscopy (EGD), is an endoscopic procedure where the esophagus, stomach, and duodenum are examined using an endoscope. An endoscope is a flexible instrument with a video camera; wherein the doctor can examine and take pictures of the upper gastrointestinal tract. This procedure is performed by a general surgeon.

When is gastroscopy necessary?

Gastroscopy is performed to investigate signs and symptoms such as upper abdominal pain, anemia, ulcers, acid reflux, vomiting, or unexplained weight loss, and many other conditions.

Where is gastroscopy performed?

Gastroscopy is performed in either an out-patient clinic, such as Rose City Endoscopy, or at a hospital.

What to do to prepare for a gastroscopy?

Follow the patient instruction sheet given to you by the clinic. You must read and follow the instructions very carefully, or your procedure may be cancelled.

What happens during a gastroscopy?

Prior to gastroscopy, a vital signs monitor and heart monitor are connected. You will receive local anaesthetic medication through the mouth (via spray). Dentures will need to be removed at this time. A small plastic mouth guard is placed in your mouth to hold it open and protect your teeth. A nurse or anaesthesiologist will then give you intravenous sedation. Most patients choose to have sedation (or light sleep) during the procedure.

Once sedated, the gastroscope is inserted into the mouth and advanced to the esophagus, stomach, and upper duodenum (first section of your small intestine). During the procedure, air is inserted in order to examine the entire upper gastrointestinal tract. You might feel some bloating. Most patients are very comfortable.

Biopsies (or tissue samples) may be taken for pathology testing.

The procedure lasts about 15 minutes.

What should I expect after my gastroscopy?

After the procedure, you will stay in the recovery area for a minimum of thirty minutes. You will remain under supervision of recovery room nurse. You may have sore throat, but it is temporary. If you are feeling more awake, have minimal discomfort, and your vital signs are normal, you will be released home by the nurse.

There are no restrictions on diet after the procedure. You are not allowed to drive yourself home, drink alcohol, or operate machinery. Refrain from making important decisions for the rest of the day. You will need an adult to take you home. If you do not have an accompanying adult to take you home, we will cancel your procedure or your procedure will have to be performed without any sedation.



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Before leaving the clinic, you will be informed of the findings of the procedure. You will be given a discharge letter that details what to expect after the procedure; as well as any abnormal findings, recommendations for treatment, and follow up appointments. If a specimen was taken, it will be sent to a laboratory for pathology testing.

The results will arrive to the clinic in about 10 business days. At the same time, your referring doctor will also receive the report from the lab. The general surgeon will want to either follow up with you in 8 weeks, or have you follow up with your family doctor; depending on what was found during the procedure. If you were instructed to follow up with your family doctor, but you have questions for the endoscopist, please call the clinic and book an appointment.

What are the advantages of a gastroscopy?

Gastroscopy is helpful to make a diagnosis and treat many upper gastrointestinal conditions.

What are the disadvantages of a gastroscopy?

If preparation instructions were not followed correctly, such as having food prior to procedure, the EGD may be cancelled and rescheduled for another day. If there is food in the stomach, you may be at risk of choking. It is very important for you to follow the preparation instructions exactly. If you have any questions, do not hesitate to contact the clinic.

For some patients, gastroscopy may be uncomfortable or painful. The doctor will give you medication to help alleviate that discomfort.

If sedation is given, patients may complain of nausea, vomiting, or drowsiness after the procedure. These are common side effects of sedation.

What are the risks involved in performing a gastroscopy?

Bleeding may occur at the site of the biopsy. Any specimen removed is quite small that bleeding, if any, should be minimal.

Perforation through the upper gastrointestinal tract is a rare complication. It occurs 1 in a 1000 cases. If this were to occur, major surgery would be required to correct that.

If you experience any fever, severe pain, or uncontrolled bleeding, please call the clinic as soon as possible. If our office is closed, please go to the nearest emergency department (preferably Windsor Regional Hospital, Metropolitan Campus) or call 911.

If there is anything in this document that you do not understand, or if you have any further questions, please call the clinic at least a week prior to your procedure.

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