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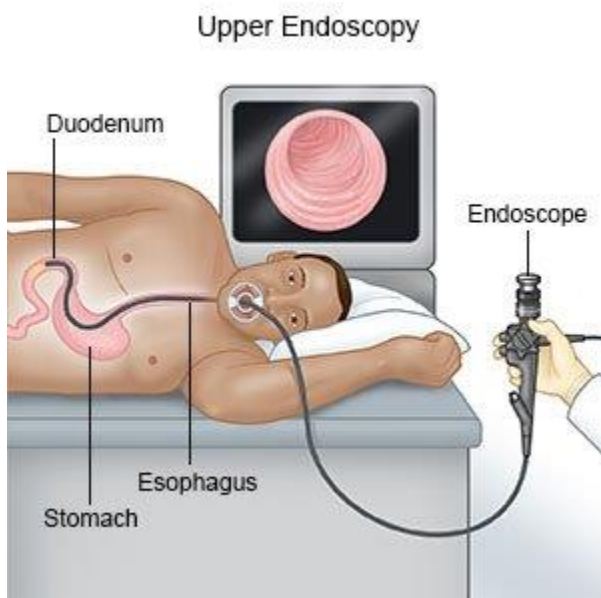


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## UPPER ENDOSCOPY (GASTROSCOPY/OGD) INSTRUCTIONS FOR PATIENTS



### What is an upper endoscopy?

This test examines the upper part of your GI tract. Using a long, flexible scope introduced through the mouth, the esophagus (food-tube), stomach and duodenum (first part of the small intestine) are examined. Biopsies can also be taken through the scope.

This test is used to diagnose or monitor conditions such as difficulty swallowing, reflux and hiatus hernia.

### Where to do go?

Your endoscopy will take place in the **Medical Arts Building 4<sup>th</sup> floor**, 581 Davis Dr. in Newmarket. Parking is available on site. You can also park at Southlake Hospital and use the bridge to get to the Medical Arts Building. When you arrive, you will see registration on your right as you exit the elevator. If you need further instructions or will be late, please call the main hospital line at 905-895-4521.

***You must arrive 1 hour before your scheduled appointment***

***You must have someone prepared you to drive you home. We unfortunately can't do your procedure if you don't. You can not take a taxi ride home without a responsible adult is with you. This is for your safety, as you will receive sedation for the procedure.***

## How do I prepare?

**It is very important that your stomach is completely empty during the procedure**

- After midnight, do not eat any solid food until after the test is done.
- You may drink clear liquids up to four hours before your scheduled appointment (only things you can see through, no milk or cream)
- Please stop drinking at least four hours before your test (this includes water)

*If you eat or drink outside of the instructed time, we unfortunately can't do your procedure. This is because of a risk of aspiration (stomach contents going into your lung) during the procedure. You will have to be rescheduled on another date.*

## Should I take my normal medications before the test?

**Please take all of your usual morning medications with a sip of water.** If you take blood thinners, you may need to stop taking them a few days before your procedure. We will let you know if this is the case.

## What are the risks of upper endoscopy?

- Endoscopy is very well tolerated in general.
- Adverse reactions to sedation can happen. If you've ever had issues with sedation or local anesthesia in the past, please let us know.
- Damage to teeth is also a risk so we will ask you to remove dentures or dental plates before the procedure.
- Perforation is an extremely rare, but serious complication. It can lead to bleeding, infection or may require surgery or other treatments.

## What to expect during the procedure?

You will have oxygen in your nose and monitors on your body during the procedure. You will be given sedation and asked to move onto your side. A bite guard is placed in your mouth to protect your teeth from the scope. Please let us know if you have dental crowns, bridges or loose teeth. You will be able to breathe normally. Some patients will feel a tendency to gag, and you will be given extra sedation if needed. The procedure typically takes less than 10 minutes.

## What do expect after the procedure?

You will be taken to the recovery area after your test. You may have a sore throat. You may also have some abdominal discomfort that should resolve quickly. Please tell us if you have worsening abdominal pain.

Your judgement and reflexes may be impaired for the rest of the day. You cannot drive or operate machinery for 12 hours post sedation.