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Gastroscopy Instructions

A gastroscopy is a special examination to directly examine the esophagus, stomach and duodenum. The procedure is done under sedation. An intravenous will be inserted to provide sedation as needed. Your gag reflex will be frozen with an anesthetic spray, and following sedation, the scope will be introduced. The exam normally takes 20 minutes and you will be able to leave the hospital approximately 45 minutes afterwards.

2 Days prior to your Procedure Date:

STOP blood thinner medications such as Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban), Arixtra (Fondaparinux) & Lixiana (Edoxaban)

5 Days prior to your Procedure Date:

STOP blood thinner medications such as Plavix (Clopidogrel), Ticlid (Ticlodipine), Brilinta (Ticagrelor), Effient (Prasugrel) & Warfarin (Coumadin)
If you have a mechanical heart valve or had a cardiac stent placed in the last 6 months, please let Dr. Ramkumar know to receive special instructions.

We will call you 1-2 weeks prior to this date of confirmation. We need to speak to you 2 business days prior to your procedure to receive the time of arrival at the hospital. The hospital decides your scope time, not our office. If we are unable to get ahold of you, your time spot will be given to another patient on our waiting list.

On the day of your procedure, report to the Ambulatory Care Department located in the hospital across the street from this office.

Check in at the Ambulatory Care Department 45 minutes before your procedure with your CareCard and your driver's contact number. Once you are ready to leave the hospital, your drive will be called to pick you up.

If you have sedation, You **MUST** have someone drive you home as you will legally be unable to drive or operate machinery for the rest of the day.
Your driver must come into the building to drop you off and pick you up to verify your ride home. You will be able to work normally the following day.

2 to 5 days prior to your procedure date:

Stop taking your blood thinner medication if applicable

Do NOT eat after midnight on the night before your scheduled procedure day.

DRINK CLEAR FLUIDS ONLY from midnight until 3 hours prior to the start time of your procedure. This would include liquids such as:

- Water
- Juices
- Carbonated or Non-Carbonated Soft Drinks
- Jello
- Black Coffee or Black tea **WITHOUT** milk
- Gatorade
- Beef, Chicken, Vegetable Broth
- Ice Popsicles

Avoid red or purple colour foods as this may affect your scope.

Do not take any alcohol.

3 hours before the start time of your procedure DO NOT take anything by mouth.

Arrive at the ambulatory care department 45 minutes prior to the start time of your procedure with your designated driver.