

MEC Mackenzie Endoscopy Centre

UNIT 109-110, 3865 Major Mackenzie Drive West, Woodbridge. PH: 905-303-8008, FAX: 905-303-8308

Procedure Instructions

Gastroscopy (also called Esophago-gastro-duodenoscopy or EGD) or Upper Endoscopy

IMPORTANT INFORMATION: Prior to taking the preparation, please read the details of the procedure, including the risks and benefits. If you agree to do the procedure after reading these details, then proceed to prepare. If you need further information, please call 905-303-8008.

IMPORTANT PRECAUTIONS

- **If you have an artificial heart valve or have atrial fibrillation or are on anticoagulants (Blood thinners) or have had strokes, recent heart attack or stents, please check with your doctor(s) prior to altering any medications listed in this paragraph.**
- If you **do not** have any of the above mentioned conditions and are taking **Aspirin or Plavix**, STOP them five days prior to the procedure.
- **If you are on OTHER ANTICOAGULANTS (eg. Apixaban, Rivaroxaban, Warfarin etc) please inform your own doctor AND the endoscopy centre as you may need special directions and an anesthesia consult beforehand.**
- If you are on **Iron** medication, STOP seven days prior to the procedure
- If you are on **Heart pills** take those pills on the day of the procedure with a sip of water just to swallow them.
- If you are on **Blood Pressure pills** take those pills after the procedure.
- If you are diabetic and on oral medication, do not take these medications while preparing or on the day of the procedure.
- If you are **diabetic and on insulin, please check with your usual doctor. ALSO inform the endoscopy centre.**
- **No nuts or seeds 5 days prior to your procedure**

PLEASE DO NOT DRINK AND EAT AFTER MIDNIGHT BEFORE YOUR PROCEDURE.

THE DAY OF THE PROCEDURE

Bring your health card. Please let us know if you have changed your address recently.

Arrange for transportation to and from the center on the day of the procedure. We mandate all patients to bring an adult (over 18 years of age) with them to drive or accompany them home. You will be receiving sedation for this procedure and, therefore, you will not be allowed to drive yourself home after or operate any kind of machinery. Failure to bring an adult with you to accompany you home will be considered acting against medical advice, and YOUR PROCEDURE WILL BE CANCELLED.

Be prepared to be in the clinic for 2.5-3 hrs.

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IF YOU CANNOT KEEP YOUR APPOINTMENT, please call us **3 business days** before so that we can give the appointment to the next patient on the waiting list. Otherwise you will be charged a "late cancellation or no-show fee" in the amount of \$200.

Gastroscopy

If you are having the above procedure, please make sure you read the following information.

EGD is performed using a flexible fiber optic tube which transmits a source of light. Your physician can accurately examine the lining of the upper digestive tract which consists of the esophagus, stomach and the first portion of the small intestine (the duodenum). The procedure of EGD is indicated when peptic ulcer disease, growths, or inflammation are suspected. It may also be indicated when the Imaging is abnormal. EGD is more accurate than Imaging in detecting gastric and duodenal ulcers and may detect early cancers too small to be seen by Imaging. EGD can also be used to guide devices for the effective control of bleeding.

The physician also has the ability to take pieces of tissue (biopsy) for examination under the microscope and can also brush cells from the surface of the suspicious areas for examination in the laboratory. Both the biopsy and brush techniques are performed by the passage of instruments through a channel in the tube without causing any discomfort. Growths of tissue known as polyps can be removed by the passage of a snare through the instruments. EGD with dilatation may also be required for the stretching of the narrowed areas of the esophagus or from the removal of foreign bodies in the upper digestive tract.

PREPARATION

It is necessary for your stomach to be completely empty and, therefore, you will be advised to fast after a specific time. During this time, you will have nothing to drink or eat including water. Someone will have to drive you home as you will have received sedation. You should also plan to be absent from work on the day of the procedure.

PROCEDURE ITSELF

You will first receive an intravenous sedative. Some patients are concerned about their breathing and have a fear of choking. The instrument is easily passed into the esophagus so that breathing is not interfered with and you will be encouraged to breathe normally. Gagging is prevented or kept to a minimum by medications given to you through a vein. Once the instrument is passed into the esophagus most patients tolerate the procedure with a little or no discomfort and may indeed sleep throughout the procedure. You will be aware of some fullness in the abdomen resulting from air that is inflated into your stomach via the instrument. The stomach distends (like a balloon) and the examination can be done much more accurately with the stomach in this state.

AFTER PROCEDURE

You will feel sleepy (depending on the amount of sedation required) for a while. When you awake, there may be an awareness of some discomfort in your throat but this usually disappears after a short time. You will be able to eat by the time you leave the clinic.

COMPLICATIONS

EGD is a very safe procedure when performed by physicians who have been trained and are experienced in this endoscopic procedure. Precautions are taken with patients who have a heart condition and, in some situations, cardiac monitoring may be necessary during the procedure. This is to recognize any abnormal heart rhythm which will require urgent treatment. Careful management by the endoscopy nurse usually prevents any aspiration of stomach contents (remember your stomach will, on occasion, contain a little fluid after an overnight fast) but does rarely occur despite optimal management.