

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Admit at: \_\_\_\_\_  
Hospital: \_\_\_\_\_

## Endoscopy: Patient Information Sheet

### Important medication instructions:

- Aspirin (Astrix, Cartia). If you are taking aspirin, you do not need to stop it.
- **Please contact us** if you are taking any of the following:
  - an anticoagulant such as Warfarin, Rivaroxaban (Xarelto), Apixaban (Eliquis), or Dabigatran (Pradaxa)
  - a blood thinner drug such as Clopidogrel (Iscover, Plavix) or Ticagrelor (Brilinta)
  - Insulin or SGLT inhibitor (Forxiga, Jardiance, Steglatro, Xigduo, Jardiamet, Segluromet) or GLP-1 agonist (Ozempic, Wegovy Mounjaro, Saxenda, Trulicity, Victoza)

### **What is an endoscopy?**

Endoscopy involves swallowing a thin, flexible tube to examine the upper gastrointestinal tract: the oesophagus (gullet), stomach and duodenum.

### **Preparation for endoscopy**

If you have a **morning** appointment: Nothing to eat after 12 midnight. However you are allowed to drink water until 2 hours before your admission time and then have nothing further. **NB** You may take your blood pressure tablets or heart tablets with only a sip of water, no later than 2 hours prior to your admission time. If you are a diabetic, please bring your morning dose of insulin or tablets with you.

If you have an **afternoon** appointment: Nothing to eat for 5 hours before your admission time. However you are allowed to drink water until 2 hours before your admission time and then have nothing further. Take your blood pressure tablets or heart tablets with only a sip of water on the day of the procedure.

### **How is endoscopy performed?**

An intravenous sedative is given to make you drowsy. The endoscope is then inserted through the mouth and into the oesophagus, stomach and duodenum. The whole examination takes about 10 - 20 minutes.

### **Afterwards**

You will be taken to the recovery area to rest until the effects of the sedative have disappeared. This will generally take 30-60 minutes. Then you can eat and drink normally although you might have a slightly sore throat. When you are fully awake you will be informed of the results of the test.

### **IMPORTANT:**

**Please be prepared to stay at the hospital for approximately 4 hours**

**Because of the sedatives you will be given, you must not drive a car, sign important legal documents, or work with dangerous machinery for 24 hours after the procedure.**

**Please make arrangements for a responsible adult to accompany you when you leave hospital and stay with you overnight.**