

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.

What is an endoscopy?

Endoscopy involves swallowing a thin, flexible tube to examine the upper gastrointestinal tract: the esophagus (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.

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. If you are a diabetic, please bring your morning dose of insulin or tablets with you.

How is endoscopy performed?

An intravenous sedative is given to make you drowsy. The endoscope is then inserted through the mouth and into the esophagus, 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.