

# ESOPHAGOGASTRO- DUODENOSCOPY (EGD) or GASTROSCOPY

## What you need to know before your procedure

Please report to the registration desk in the Endoscopy Unit, Zone B, Level o, Room Bo-323 at St. Joseph's Hospital. Closest entrance is Grosvenor Entrance 2 on Grosvenor Street (268 Grosvenor St.)

On: \_\_\_\_\_

Arrive at: \_\_\_\_\_

Doctor: \_\_\_\_\_

- 1) Sedation will be used so please arrange for a family member or friend to accompany you home. **YOUR DRIVER MUST REMAIN IN HOSPITAL DURING YOUR STAY. IF YOU DO NOT HAVE SOMEONE TO ACCOMPANY YOU YOUR TEST WILL HAVE TO BE CANCELLED.** You may be ready for discharge 1-3 hours after arrival. You must not drive or operate machinery for at least 12 hours after sedation.
- 2) If you require assistance with personal care, please arrange for someone to be with you.

\*Please bring a list of ALL medications \*Please leave all jewelry at home

\*Please do not wear any perfumes/colognes

## Your medications

- If you are taking Anticoagulants/Blood Thinners please contact your family physician, the specialist who placed you on the medication or contact your procedure physician at least one week before your appointment for instructions.
- If you are taking Insulin or other medication for diabetes, discuss with your family doctor the dosages to be taken the day of your procedure. Please do a blood sugar prior to arriving for your procedure.
- All medications other than those mentioned above can be taken as usual with sips of water before 8:00 a.m. the day of the procedure.

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## What preparation is required?

- For the best possible examination, your stomach must be completely empty.
- You should have NO solid foods after midnight the night before your procedure.
- You may have clear liquids (eg. Apple juice, black tea/coffee, consommé, jello, koolaid, water, NO MILK) up to 2 hours prior to arrival time and then nothing by mouth until the procedure is done.

## What is a gastroscopy?

A long flexible tube, approximately the size of your little finger, is passed through the mouth and examines the lining of the esophagus, stomach and duodenum (the first portion of the small intestine).

## Why is a gastroscopy necessary?

The decision to perform this procedure is based upon assessment of your particular problem. If you have any questions about your need for a gastroscopy, do not hesitate to speak to your doctor.

It is used to check for the cause of symptoms such as heartburn, trouble swallowing, vomiting, bleeding, abdominal pain or abnormalities suspected by x-ray.

A gastroscopy may also be needed for treatment, for example, for stretching narrowed areas of the esophagus, for removal of polyps or swallowed objects or to control upper gastrointestinal bleeding.

A gastroscopy may detect early cancers that are too small to be seen by x-ray and can confirm the diagnosis by biopsies or brushings and identify the site of upper gastrointestinal bleeding.

## What should you expect during the procedure?

Your doctor will give you medication through an IV to make you relaxed and sleepy and your throat may be sprayed with a local anesthetic spray. While you are lying in a comfortable position the endoscope will be inserted through the mouth. The tube will not interfere with your breathing. Gagging is usually prevented by the medication.

## Are there any complications from a gastroscopy?

A gastroscopy is safe and associated with very low risk when performed by physicians who have been specially trained and are experienced in such procedures.

### Complications can occur and may include:

- Complications associated with sedation such as low blood pressure, low oxygen levels and pneumonia
- Bleeding is usually minor and will stop on it's own or with treatment through the scope. Uncommonly, a blood transfusion or surgery is required
- Perforation (a hole or tear through the wall of the digestive tract) occurs in about 1 in 5000 procedures. This complication usually requires hospitalization as well as intravenous fluids, antibiotics, and surgery
- A gastroscopy is not a perfect test. On occasion, serious problems in the upper digestive tract are not seen or can be missed
- Localized irritation of the vein may occur at the site of medication injection
- Drug reactions and complications from unrelated diseases such as heart attack or stroke

If you experience problems please contact the office of your physician through the hospital switchboard at 519-646-6100.

## What happens after a gastroscopy?

Your throat may be a little sore for a couple of hours. Drinking extra fluids and using throat lozenges will help relieve the discomfort. If the soreness persists, contact your family doctor.

You may feel bloated right after the procedure because of the air that is introduced while examining your stomach.

Post procedure instructions will be provided and reviewed prior to discharge from the Endoscopy Unit.

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