

North York Endoscopy Centre

Procedure Instructions

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

2 Champagne Drive (Champagne Centre), Unit B19, Toronto, ON M3J2C5

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 416-645-5145.

IMPORTANT PRECAUTIONS

- **If you have an artificial heart valve or have atrial fibrillation or are on anticoagulants (Blood thinners) or have had strokes, please check with your doctor prior to altering any medications listed in this paragraph.**
- If you **do not** have any of the above mentioned conditions and are taking **Aspirin, Plavix or anti-coagulants (blood-thinners)**, STOP them five days prior to the procedure.
- If you are on **Iron** medication, STOP seven days prior to the procedure
- If you are on **Heart pills, Blood Pressure pills** take those pills on the day of the procedure with a sip of water just to swallow them.
- 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 doctor.**
- **No nuts or seeds 4 days prior to your procedure.**

PLEASE DO NOT DRINK AND EAT AFTER MIDNIGHT DAY BEFORE UNTILL 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.

IF YOU CANNOT KEEP YOUR APPOINTMENT, please call us **3 business** day 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.

Please note that there is a \$50 fee (Cash or Cheque made payable to *North York Endoscopy Centre Inc.* or by credit card). This charge is requested and is not intended to act as an impediment to the receipt of insured endoscopy services. We do not wish the charge to act as a barrier for those patients who cannot afford it. All patients will receive any necessary OHIP-insured services, regardless of whether the voluntary charge is paid.

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The elements of the voluntary charge are not medically necessary, nor are they necessary adjuncts to the insured services that are provided. The elements of the voluntary charge are not related to insured procedures that are provided. The services covered by the \$50 fee are provided solely for the convenience of our patients. **Your voluntary payment for these services is appreciated and helps ensure the viability of the Out of Hospital Facility.**

Gastroscopy

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

EGD is performed by flexible fiberoptic 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 x-ray examination is entirely normal. EGD is more accurate than x-ray in detecting gastric and duodenal ulcers and may detect early cancers too small to be seen by x-ray. EGD can also be used to guide devices for the effective control of bleeding from sites in the esophagus.

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. Then your throat will be sprayed with a local anaesthetic agent to prevent you from feeling the instrument as it is passes into your stomach.

The majority of patients are concerned about their breathing and have a fear of choking. The instrument is 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 spraying your throat with a local anaesthetic and you will be relaxed and sleep from 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. You will be left with a sore throat which may last a few days.

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

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(remember your stomach will, on occasion, contain a little fluid after an overnight fast) but does rarely occur despite optimum management.