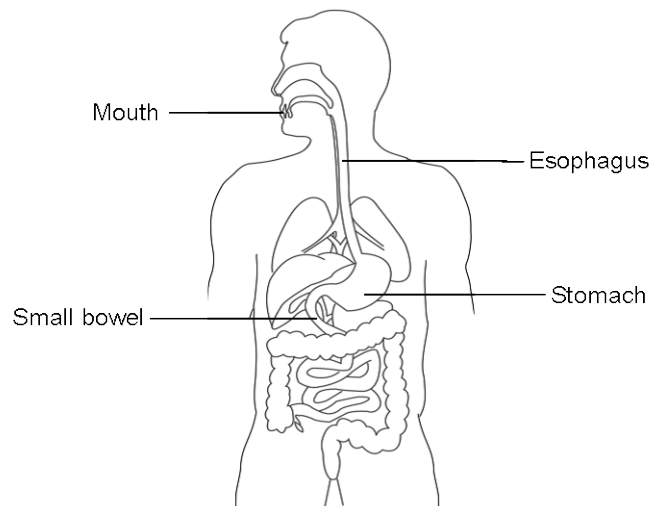


Endoscopy



An endoscopy is a procedure to look inside the esophagus, stomach and first part of your small bowel. It is also called an esophagogastroduodenoscopy, EGD, or gastroscopy.

The doctor uses an instrument called a gastroscope. This is a small flexible tube with a camera and light at the end. The gastroscope is placed in your mouth and guided down the esophagus, stomach and upper part of the small bowel. The doctor can look and take samples of tissue.

This does not interfere with your breathing. You will be able to breathe normally.

Before the endoscopy the back of your throat will be frozen with some medication to make it numb. You may get some medication to help you relax. This medication may be given with a needle through an intravenous line, or IV.

During the endoscopy you lie on your left side on a stretcher.

The doctor will tell you what he or she is doing. There is a nurse in the room helping you and the doctor. An endoscopy feels uncomfortable but is not painful.

How long does an endoscopy take?

An endoscopy takes about 5 to 15 minutes.

You are having your endoscopy on_____. Please come to the hospital at _____. You may also need to stay ½ to 1 hour after it is over. Plan to be at the hospital about 1 to 3 hours from start to finish. Please check with the nurse to see how long it will take. You may be ready earlier or you may be there longer. Make sure the nurse knows how to contact the person driving you home.

Before you come to the hospital

Do not eat anything after midnight before your endoscopy. This includes candies or gum.

You may drink clear fluids up to 4 hours before your endoscopy. Clear fluids include water, soda, apple juice, black coffee or tea. Do not drink orange juice or milk.

Medications

Take your usual medications the day of the test with a sip of water. There are some medications that your doctor may not want you to take. These may include:

- blood thinners such as Aspirin or Coumadin
- medications for Diabetes

Your doctor will discuss this with you.

Special instructions

If you have diabetes check your glucose as usual and bring the results with you to the hospital. You may need to have your glucose checked at the hospital.

Bring a list of your medications to the hospital. At the hospital a nurse will talk with you about your health.

You are welcome to bring an adult with you to the appointment.

Where do I go for my endoscopy?

- ❑ **Hamilton General Hospital** - First go to Admitting on the main floor. Then go to Same Day Surgery on the main floor.
- ❑ **Juravinski Hospital** - First go to Patient Registration on the main floor. Then go to Section B, Level 3, Endoscopy Department.
- ❑ **McMaster University Medical Centre** - Take the yellow elevators to the 4th floor. Turn left and follow the hallway to the 4X area on the left. Follow the signs to Endoscopy. Please check in at the Endoscopy reception desk to be registered for your procedure.

After your endoscopy

You will be given instructions on how to care for yourself after your endoscopy when you go home.

You must have an adult drive or meet you and take you home, even if you go by taxi or bus, or your endoscopy may be cancelled. The person who picks you up can come to where you have had your endoscopy.

If you are given sedation you cannot:

- drive
- drive or ride on a motorcycle
- operate machinery
- drink any alcohol
- make major or legal decisions

for 24 hours after the endoscopy.

If you have any questions call the doctor who ordered your endoscopy.