

**Gastroscopy**

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ AM/PM

Provider: \_\_\_\_\_

**Please expect to be here for an average of 2-3 hours**

Additional Instructions: \_\_\_\_\_

**Please report to the Mankato Clinic Endoscopy Center located at:**

1230 East Main Street, Mankato Call with any questions: 507-389-8582 Option 1.

If your procedure is scheduled Monday-Friday, please enter Door 50 and walk straight back past the desk and turn left. You will see signage directing you to the Mankato Clinic Endoscopy Center.

If your procedure is scheduled on a Saturday, please enter Door 49 (Urgency Care) and follow the sign for check in.

**What is a Gastroscopy (upper endoscopy)?**

A gastroscopy enables your doctor to examine the esophagus, stomach, and duodenum (first part of the small bowel) with a flexible instrument. It is useful in looking for sources of bleeding, pain, or abnormalities seen on x-ray.

**What can I expect during a Gastroscopy?**

A gastroscopy is generally well tolerated. You will need to be positioned on your left side. You will receive medication to make the procedure more comfortable. **Although we strive to remain on scheduled, please understand that some procedures take longer than others. We ask for your patience and you allow 2-3 hours for check-in, procedure and recovery.**

**What preparation is required?**

The stomach should be completely empty to allow the physician a good view. If the stomach isn't empty, the procedure may have to be rescheduled.

**What are the possible complications of a Gastroscopy?**

Complications are rare but can occur. Whenever foreign bodies or polyps are removed, there is chance of bleeding and/or perforation. Other complications which can occur are aspiration, cardiac arrhythmia, fainting, and reactions to medications. A slightly irritated throat is not uncommon. Overall, this is a very safe and valuable procedure. You will be given written discharge instructions after your gastroscopy.

## Steps for a successful procedure day

- You will need a responsible driver. For safety reasons, you will need a responsible adult driver after receiving sedation. This can be via personal vehicle or medical transport. This does not include a taxi, Uber/Lyft, bus or walking home. We also recommend that someone stay with you for 12 hours after you are discharged.
- Expect to be at the Clinic for 2-3 hours to allow for check in, procedure, and recovery.
- Complete the prep as described in the prep directions that you were given. Completing the entire prep will make for a successful procedure. If the prep isn't completed, you risk the procedure being cancelled.
- Bathe/shower the morning of the procedure. You can use water to brush your teeth.
- Although we strive to remain on schedule, some procedures do end up taking longer than others. We appreciate your patience.

## How to Prepare for Your Gastroscopy

### 7 days before: \_\_\_\_\_

- If you have diabetes, contact your primary or pre-op provider regarding any questions or changes needed unless already instructed.
- If you take anti-inflammatory medications (NSAIDS) such as ibuprofen, Advil, Motrin, naproxen, Aleve, or Aspirin, please contact your primary or pre-op provider asking if you should stop taking the medication prior to the procedure if you haven't already been instructed.

### 5 days before: \_\_\_\_\_

- Do you take medications that affect the clotting of your blood (Warfarin, Coumadin, Jantoven, Clopidogrel, Plavix, Heparin, Lovenox, etc)? Please make sure you have talked to your doctor or the anticoagulation clinic and have a plan in place if you need to stop these medications or change the way you take these medications. If you keep taking these medications without a plan from your doctor or the anticoagulation clinic, your procedure may need to be rescheduled.
- Continue to take all other prescribed medications as directed, even on the day of procedure, unless directed by your doctor. (During prep time, take with small sips of water).

### Day of Procedure: \_\_\_\_\_

### After Midnight on the day of the procedure:

- No solid foods after Midnight
- ONLY sips of WATER up until 2 hours before your procedure

### 2 hours prior: \_\_\_\_\_

- Stop consuming all liquids and do not take anything by mouth during this time.
- Take these morning medications (if prescribed) with a sip of water:
  - Blood pressure
  - Anti-anxiety
  - Pain
  - Anti-seizure
- If you have diabetes, please check your blood sugar at home before coming.

Time \_\_\_ Result \_\_\_\_\_

There are two special types of medications that you **MAY NOT** take on the day of the procedure:

- **Diabetic medications**, including insulin and/or oral medications - **DO NOT** take these the morning of your procedure unless instructed by your doctor.
- If you take medications that affect the **clotting of your blood** (warfarin, Coumadin, Jantoven, Clopidogrel, Plavix, Heparin, Lovenox, etc.), make sure you have talked to your doctor or the anticoagulation clinic and have a plan in place if you need to stop these medications or change the way you take these medications.

### **What should I bring the day of the procedure?**

- List of current prescription and over-the-counter medications and herbal supplements.
  - Bring your prescription inhaler to your appointment if you have one.
- List of known allergies to medication, latex, and food.
- List of medical conditions and previous surgeries.
  - Please inform your healthcare provider if you are or could be pregnant.
  - If you are diabetic, bring your glucometer because you might need to check your blood sugar more often.
- Wear a short sleeved shirt and loose fitting, comfortable clothes.
- Leave all valuables at home.

**Congratulations! You are ready for your procedure if you have followed these directions!**

If you have any questions, please call us at **507-389-8582** and select **option #1 (Endoscopy Center)**.

Please report to the **Mankato Clinic Endoscopy Center**:

1230 E. Main Street, Mankato, MN as scheduled with a **responsible adult driver**.