



## Gastroscopy

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

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

**Please expect to be here on 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

### 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?

Efforts are made to keep you comfortable. You will need to be positioned on your left side. Some gagging may occur so the throat may be numbed with a spray. A mild sedative is often used to help relax you.

### 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.

You are scheduled for a sedated procedure. Do not drive or operate machinery for 12 hours after your procedure. **A responsible adult driver is required to drop you off and pick you up from your procedure.** We will contact your driver prior to discharge time to arrange your pick-up. If you arrive without a responsible adult driver, **your procedure will be rescheduled.** You cannot take a taxi, bus or walk home. We also recommend that someone stay with you for 12 hours after you are

## 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: \_\_\_\_\_

#### 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.

**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.

**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.