

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Gastroscopy

VG Site

My specialist: _____

Phone: _____

同时提供简体中文版

Also available in Simplified Chinese: CH85-2452

Aussi disponible en français : FF85-1504

متوفر أيضاً باللغة العربية.

Also available in Arabic: AR85-1477

For the next 24 hours (1 day) after sedation:

- Do not drive a car or use any heavy machinery.
- Do not drink alcohol.
- Do not care for others (including children).
- Do not sign any legal or important papers, or make any financial (money) decisions.

If you had a polyp or a tissue sample taken:

- Do not take pain medication or blood-thinning medication for 7 days (1 week) after your test.
 - › These medications can make you bleed more.

Call your doctor if you have any of these symptoms after your test:

- › A lot of stomach pain
- › Bleeding
- › Vomiting (throwing up)

If you cannot reach your doctor, go to the nearest Emergency Department right away.

What will happen after the test?

- You will be taken to the recovery area. You will spend about 30 to 45 minutes there.
- A nurse will check your blood pressure and pulse.
- **Do not eat or drink for 1 hour after the test,** while the liquid used to freeze your throat wears off.
- You may have gas, bloating, or mild stomach cramps for a few hours.

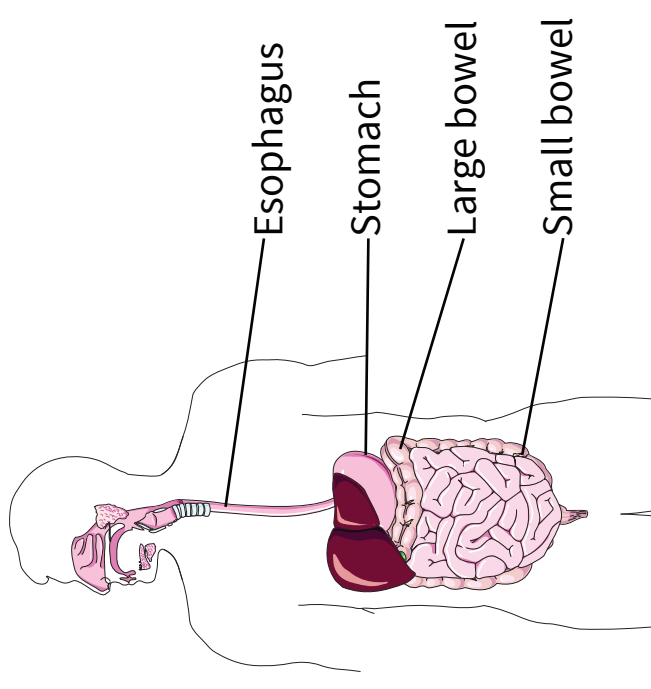
If you had sedation:

- You must have a responsible adult take you home after your test and stay with you overnight.
- Do not walk home. You may take a bus or a taxi home only if a responsible adult goes with you.

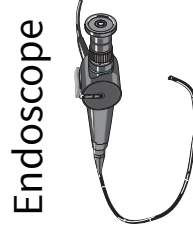
Gastroscopy

What is a gastroscopy?

- This is a test to look at your:
 - › Esophagus (tube that connects your mouth to your stomach [belly])
 - › Stomach
 - › Duodenum (the first part of your small bowel)



- This test is done by a specialist using an endoscope (a flexible tube with a light on the end).



What are the risks of this test?

A gastroscopy is a very low risk test. As with any test, there are still some risks. Your specialist will talk with you about the risks before your test.

Possible risks include:

- › A tear in the lining of your esophagus or your stomach (1 in 5,000 chance). If this happens, you may need surgery to fix the tear.
- › Bleeding, if a tissue sample was taken (1 in 10,000 chance). This may stop on its own, or may need more treatment.
- › An infection from the equipment used for the test (1 in 1.8 million chance)
- › A reaction to the sedation medication
- › Soreness and/or a lump where the intravenous (I.V.) tube was put in. These should go away over a few weeks.
- › The specialist may not be able to finish the test because of technical problems

How is the test done?

- An I.V. tube will be put in your hand or arm. You may be given medication to help you relax, and to help with any pain.
- You may be asked to gargle or have your throat sprayed with a liquid that will numb (freeze) your throat. After your throat is numb, you will not be able to gag for a short time. This will make it easier when the specialist puts the endoscope in.
- The specialist will pass the endoscope through your mouth, esophagus, and stomach into your duodenum.
- As the endoscope passes through your throat, you may feel like you need to gag. You will be able to breathe normally and should not have any pain.
- The specialist will use the endoscope to put air into your stomach. The air will fill your esophagus, stomach, and duodenum. This will make them expand (get bigger) so that the specialist can see them better. The air may make you feel bloated or give you gas.
- The specialist may take out a polyp or a tissue sample during the test. This will not hurt.
- The test usually takes about 10 minutes.

- **Bring a list of all your medications**

(including prescription and over-the-counter medications, inhalers, creams, eye drops, patches, herbal medications, vitamins, and supplements) with you to the hospital.

- **Do not wear any jewelry or bring any**

valuables with you to the hospital. The

hospital is not responsible for the loss of any items.

- **Do not use scented products.**

Nova Scotia Health is scent-free.

Where do I go for my test?

You must register at the kiosk on the main floor of either the Dickson Building (main entrance) or the Centennial Building (main entrance).

- Then go to the 9th floor of the Victoria Building at the Victoria General (VG) site. Check in at the registration desk.

- Be sure that you have enough time to park before your appointment. Parking at the VG site is limited.

How do I get ready for this test?

You will have sedation (medication to help you relax) during this test.

- **You must have a responsible adult:**

- › stay in the hospital during your test.
- › take you home after your test.
- › stay with you overnight.

If this is not possible, call your doctor before the test. We may have to cancel your test.

Before your test:

- A booking clerk will call you to give you information about your appointment.
- We will give you the name of the specialist who will do your test, and the date, time, and place of your test.
- Plan to be off work the day of your test. Most people can go back to work the day after their test.
- Call your specialist if you need antibiotics for tests or dental work. Ask your specialist if you are not sure.

- **Tell the booking clerk and your specialist if you are taking these medications as these can raise your risk of bleeding:**
 - › Blood thinners like ASA (Aspirin[®]), warfarin, heparin (Fragmin[®]), dabigatran (Pradaxa[®]), rivaroxaban (Xarelto[®]), apixaban (Eliquis[®]), edoxaban (Lixiana[®])
 - › Antiplatelets like clopidogrel (Plavix[®]), prasugrel, ticagrelor (Brilinta[®])
- **Tell your specialist if you take medication and/or insulin for diabetes. You may need to follow special instructions for taking these before your test.**
- **Tell your specialist if you have heart or lung disease.**
- **Tell your specialist if you are allergic to any medications.**

If you need to cancel your test, please call your specialist at least 3 days (72 hours) before your test is scheduled. This will give us time to book another patient.

The day of your test

It is very important to follow these instructions:

- **If your appointment is before noon, do not eat or drink anything after midnight the day before your test. This includes water.** If you eat or drink anything after midnight, your stomach will not be empty and the specialist will not be able to see properly.
- **If your test is in the afternoon, you may have clear fluids up until 6 hours before the test.**
Clear fluids include:
 - › Water
 - › Apple juice
 - › Sports drinks (**like Gatorade[®] or Powerade[®]**) that **are not red**
 - › Clear or light-coloured pop (like Sprite[®] or ginger ale)
 - › Tea (**without milk or cream**)
 - › Clear soup broth
- **If you take medication for your heart, blood pressure, or breathing, take your medication as usual.**
- **Bring your blood glucose testing supplies with you to the hospital, if needed.**
- **Bring the health questionnaire you got in the mail with you to the hospital.**