

What is a Gastroscopy?

Gastroscopy is a procedure that allows your doctor to examine the lining of your stomach. Using a thin, flexible tube with its own lens and light source, the doctor can view the stomach in order to identify any abnormalities.

What happens during a Gastroscopy?

A Gastroscopy is usually performed on an outpatient basis. All dentures, eyeglasses and contact lenses must be removed. Your throat may be anesthetized by a spray or liquid. A needle for intravenous (IV) medication will be placed in a vein in your arm during the procedure. Medicine will be injected through this needle that will make you sleepy and relaxed. As you lie on your side, the doctor will insert a small mouthpiece.

You can breathe easily throughout this exam. The doctor will help you swallow the flexible endoscope tube and then will examine the lining of your stomach. A biopsy (tiny bit of tissue) may be taken for microscopic analysis. You will not feel any discomfort when the biopsy is performed. The procedure takes 15 - 30 minutes. Many people do not recall any of the procedure.

How do I Prepare for the Exam?

Be sure to discuss with your doctor whether you should use any of your usual medication before the procedure and whether you have any drug allergies. It is also important to mention other major diseases, such as a heart or lung condition, which might require special attention during the procedure. You will be asked to sign a consent form authorizing the physician to perform the procedure. As with any other procedure, there are risks involved. Your doctor will discuss this with you prior to the procedure.

What Can I Expect After the Exam?

After the test you will be monitored until most of the effects of the medication have worn off. You will probably feel drowsy and may sleep for a short time. The physician will explain the results of the exam to you.

The results of any biopsies taken will take several days. If you have any questions, feel free to ask the doctor, nurse or technician.

Instructions For Gastroscopy

1. **DO NOT** eat or drink anything after midnight the night before the procedure.
2. Call the office at least 24 hours before your examination if you need to reschedule or cancel your appointment. If the appointment is not cancelled within 24 hours, there will be a \$25 cancellation fee.
3. Prescribed medications for heart disease, high blood pressure and asthma should be taken prior to your procedure. Other medications including diabetic medications, should be brought along with you to the hospital or office to be taken after your procedure.
4. **DO NOT** take aspirin or aspirin type products for one week prior to your Gastroscopy, let your doctor know if you are on any blood thinners.
5. If your procedure is in the afternoon, you may have 8 oz. of clear liquid 6 hours before the procedure.
6. Please advise your doctor if you have any changes in your medical or surgical history in the last 30 days.

Procedure

Your Gastroscopy will take place on:

Appointment Date: ___ / ___ / ___

Time: _____ AM / PM

Arrival Time: _____

Location: _____

1. Arrive promptly and expect to stay up to an hour after the procedure.
2. On the day of the procedure, you will receive intravenous sedation. These medications will impair your driving ability. You must arrange for someone to drive you home after the procedure.
3. You may not drive until the next day.

Your appointment is scheduled in advance. If you're unable to make your appointment you must call our office in advance. Missing your appointment may not only risk your health, but deprive patients of a timely appointment.