Endoscopy Information Sheet

Your appointment is on: ____________________________, at: ____________

Please bring your valid health card and list of medications. You will need someone to drive you home after your test.

You will be having a:

☐ gastroscopy  ☐ colonoscopy  ☐ gastroscopy and colonoscopy

General Patient Information:
A gastroscopy involves passing a flexible camera through the mouth into the upper digestive tract to examine the lining of the esophagus, stomach, and duodenum (first part of the small bowel). You may be given medications (sedation) before the test to keep you comfortable. Abnormalities too small to be seen on x-ray can be confirmed and studied in greater detail. If a suspicious or inflamed area needs further evaluation, a small piece of tissue (biopsy) is taken for examination in the laboratory.

A colonoscopy is a procedure in which a flexible camera is inserted through the rectum to examine the colon. Many healthy people without bowel symptoms undergo a “screening colonoscopy”. This is a preventative test to look for early changes in the colon that could later develop into colon cancer. Colonoscopy can detect this abnormal tissue known as polyps. To remove a polyp, an instrument is used to cut it off by means of an electrical current. Colonoscopy is usually well-tolerated and rarely causes discomfort. You will be given medications (sedation) through an intravenous catheter just before starting the test to keep you comfortable.

After your procedure, you will rest in the recovery area for about 30 minutes. Your doctor will discuss your results with you before you go home. A nurse will provide you with discharge instructions, including what you can eat. Your family doctor will receive a letter reporting your findings. You will not be able to drive or go back to work after your test. Please arrange a ride or take a taxi with someone accompanying you. You should not take the bus home by yourself. You may feel some bloating after the procedure because of air that was introduced during the examination. Please allow about 2 hours for your entire appointment.

While these procedures are associated with very low risk when performed by physicians specially trained in this discipline, they may still occur:

- **Drug reaction:** this is rare and usually mild. This may present as rash, hives, or itching at the site of the intravenous.
- **Perforation:** puncture of the bowel wall is very rare. If it occurs, surgery may be required to repair the perforation.
- **Bleeding:** a small risk of significant bleeding may occur after polyp removal. This can occur up to 7 days later. This usually stops without treatment. Rarely, blood transfusions or surgery is required.
- **Sedation:** may cause respiratory depression or lowering of blood pressure.
- **Dehydration:** should not occur if adequate amounts of fluids are consumed during your preparation.

Even under optimal conditions with proper technique, some abnormalities may still be difficult to detect.

**IMPORTANT – PLEASE READ THE REVERSE SIDE**
Preparation instructions for GASTROSCOPY:
For the best examination, the stomach must be empty. **DO NOT EAT OR DRINK AFTER MIDNIGHT, EXCEPT IF YOU NEED TO TAKE YOUR USUAL BLOOD PRESSURE PILLS. YOU MAY DO SO WITH SMALL SIPS OF WATER.**

Preparation Instructions for COLONOSCOPY:
**Buy:** 4 Dulcolax (bisacodyl tablets), and a container of polyethylene glycol bowel prep (Colyte, Peglyte or Golytely) at your pharmacy (no prescription necessary).
**One week before the test:** Stop vitamins, iron, calcium.
**Three days before your test:** Do not eat uncooked fruits and vegetables, whole bran bread or high fiber cereals or food with seeds (sesame, poppy, etc) peas or corn, which make it more difficult to clean out your bowel.

**One day before your test:** **Do not eat any solid food today and until after your test.** Drink only clear fluids. These include power drinks, ginger ale, water, ice, clear broth or bouillon, coffee/tea without milk, Jell-O, apple or white grape juice. Avoid red and purple drinks. **Mix the bowel prep solution (as recommended) and refrigerate for about 12 hours (it tastes better if cold).** However, you can taste it first and if you don’t mind the taste you may drink it at room temperature. It does make you cold when refrigerated. **Drinking with a straw will also help avoid the taste.**

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<th>You may take a Gravol tablet before starting the liquid prep. <strong>If you are diabetic,</strong> take one can of Ensure or Glucerna instead of your breakfast, lunch and supper. Take ½ can instead of your evening snack, if you normally take one.</th>
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**INSTRUCTIONS:** At 2pm, the day before your test take 4 Dulcolax tablets with a glass of water. Drink 3 liters of your prep between 4pm and 10 pm. You may have additional clear fluids until bedtime. Drink one glass every 10 minutes until you have finished 3 liters. **Take the 4th liter (4 glasses) 4 to 6 hours before your appointment time. Please be sure to drink all 4 liters unless otherwise instructed by your physician.** If you feel too full, have nausea or you vomit, take a Gravol and slow down by taking a glassful every 15 to 20 minutes. (Ignore the instructions on the can/bottle)

You may have additional clear fluids up to 4 hours before your test.
**Day of test:** **You may take any essential medications with a sip of water.**

**What to do with your medications:**
Most regular medications may be taken during the preparation period, including blood pressure pills and aspirin.
However, if you are on DIABETIC MEDICATIONS, take half of your usual dose on the day before the test and hold your diabetic medications on the day of the test. Do not eat breakfast. Take your normal diet and insulin or pills after the test.
If you are using COUMADIN (warfarin), stop this medication 5 days before your test, unless otherwise indicated.
If you are using PRADAX (dabigatran), stop this medication 3 days before your test, unless otherwise indicated.
If you still have any questions regarding your medications, call us.

**Please bring your list of current medications** (the nurse will ask for this information).

If you are unable to keep this appointment, please inform the office 48 hours in advance so that we may be able to accommodate someone else, as well as to avoid a re-booking fee.