
GASTROSCOPY PREPARATION INSTRUCTIONS

Procedure Date and Time: _____

1 week before your appointment, we will attempt to send reminders via email or phone (if need be). For more information on Colonoscopies and what to expect on the day of your appointment, please visit our webpage on Colonoscopy:

<https://www.torontogiclinic.com/services/gastroscopy/>

PLEASE ARRANGE A RIDE HOME

Patients who opt to receive sedation during their procedures are required to have a responsible adult accompany them home (whether by car, TTC, or by foot). Until the next day, please do not drive a car, operate machinery, drink alcohol, go back to work, or make any legal or financial decisions.

CANCELLATION POLICY

If you need to cancel, please let us know **5 business days** before your appointment. Cancellations beyond this point will incur a **\$200 cancellation fee**. The below situations are also considered cancellations:

- Not following the preparation instructions properly, causing your procedure to be canceled.
- Not being able to provide a valid health card number or payment method during check in and thus having your procedure canceled. We can accept deposits and will refund them after your health card is validated and we have received payment from OHIP in this case.

ADDITIONAL CONSIDERATIONS

- Remove all nail polish and jewelry when you go to your procedure
- Bring your OHIP card, or if being renewed, a document with the new version code.
- Be prepared to spend a total of 1.5 - 2 hours at our clinic.

STOP THESE MEDICATIONS:

- **Anything containing acetylsalicylic acid (ASA, Aspirin, Asaphen, Ibuprofen, Advil, Motrin, etc):** Stop taking them 5 days before your procedure.
- **Plavix, Ticlid, Coumadin, or other blood thinners:** Stop taking them 5 days before your procedure. **Eliquis: 3 days before** your procedure.
- **Diabetes:** you will get specific instructions from our clinic. In general:
 1. **Oral hypoglycemic medications** should not be taken on the day of the procedure.
 2. **Insulin doses** should be reduced to half the usual on the morning of the procedure. Skip any lunchtime insulin if your appointment is in the afternoon, as you should not be eating any lunch.
 3. **Monitor your sugar level** and use regular insulin if your level rises substantially. We'd rather your sugar levels are a bit higher than usual. If your sugar level drops, drink some no pulp orange or apple juice.
 4. Ask for the form **Diabetic Medications and Insulin During Your Prep** to see our clinic's recommendations for diabetics during gastroscopy prep. It can be downloaded from our website as well under: Resources -> Forms -> Clinic Forms. The recommendations for gastroscopy are on the second page.

THE DAY BEFORE YOUR PROCEDURE

- **8:00 PM:** Stop all solid food. Make sure you eat your final meal of the day before this time. You can still drink clear liquids such as water, apple juice, or sprite. More examples below:

- **Can drink:** Water, clear broth (chicken), clear fruit juice (apple, white grape, white cranberry), clear soda (ginger ale, sprite), yellow/white gatorade diluted half with water. Diabetics can drink sugarless drinks such as Gatorade Zero.
- **Do not drink:** Any juice with PULP, red/purple/blue/green Gatorade, dairy products, coconut water.

DAY OF PROCEDURE

- **12:00 AM: No food or drink after this point**, until after your procedure. If you need to take medications, take them with a small sip of water. Take all your medications by **3 hours prior to your procedure**.
- Arrive at the clinic 15 minutes before your appointment time. You will shortly be escorted by the nurse to be prepared for the procedure.

AFTER THE PROCEDURE

- When the gastroscopy is finished, you will be transferred to our recovery room, where our nurses will carefully monitor your status as you relax and recover from the procedure.
- After a short period of recovery, your doctor or nurse will give a brief summary of your procedure, give you some post procedure instructions, and then discharge you.