



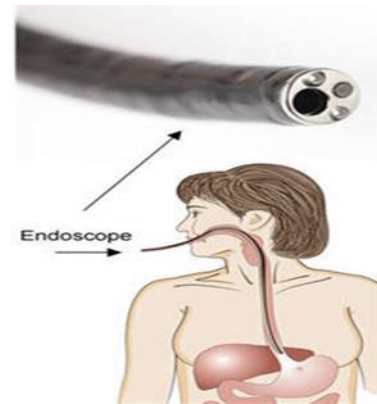
Information Guide

Gastroenterology

Gastroscopy

Definition:

A gastroscopy is performed using a flexible tube with a camera that will be inserted through your mouth to examine the upper digestive tract. The upper digestive tract includes the mouth, esophagus, stomach, and the first part of the small intestine, the duodenum. If necessary, small biopsies (superficial samples) will be taken or polyps (small lumps of tissue) will be removed during the gastroscopy.



What are the steps?

- A gastroscopy lasts about 5 minutes.
- In the examination room, you will be asked to remove your glasses and dental prostheses.
- Your throat will be numbed with a spray medication.
- You will be given a mouth guard to protect your teeth.
- Lying on your left side, the doctor will insert the tube into your mouth.

During the examination, you may experience:

- Gastroscopy is not a painful examination.
- You may feel a sensation of nausea. Take deep breaths through your mouth and do not swallow your saliva. This will help reduce this sensation
- A few hours after the exam, you may experience bloating. The passage of gas will gradually alleviate this discomfort.

If you wish, medication to help you relax and a pain reliever can be administered before the exam. **If you receive medication to reduce discomfort during the exam, you must be accompanied by someone who can drive you because driving is prohibited for 24 hours after the procedure.**

Possible complications of the exams:

Gastroscopy is a safe procedure with low risk of complications. In rare cases, certain complications may occur:

- Perforation of the stomach wall and bleeding (slightly increased risk if polyps are removed).
- Complications related to medication that may be given: temporary decrease in blood pressure and respiration or allergic reaction.



Note well!

Preparation before the examination:

If you plan to receive the medication given to reduce pain and discomfort, **it is mandatory that you be accompanied for your return home. You will not be allowed to drive your car.** A nurse will monitor you for a minimum of 30 to 60 minutes. Please plan for this delay with your companion.

Should I continue taking my medications?

Most of your medications can be taken as usual, including aspirin (ASA^{MD}) and anti-inflammatory, except:

- If you are taking **blood-thinning medications** (such as Coumadin^{MD}, Pradaxa^{MD}, Plavix^{MD}, etc.) and **were instructed to stop them** when you were given your appointment, **you must contact the physician in charge of this medication** to find out when to stop and restart them. **Otherwise, you can continue taking them as usual.**

- If you are **diabetic and taking insulin**, you **MUST contact your doctor** or other healthcare professional who is monitoring these medications to indicate when to stop and restart the injections.
- If you are **diabetic and taking medication other than insulin** (by mouth or injection) for your diabetes, **do not take them on the morning of your exam**. You can take these medications with a meal at the scheduled time of your next dose later in the day following your exam or at the scheduled time later in the week.
- If you are **diabetic and taking an injection medication once a week** (other than insulin), **take your medication as directed**, regardless of the time of your exam.

Preparation for the exam

The week before the exam

- No special diet is required

The day before the exam

- If the examination **the next day** is scheduled in **the morning**: be completely fasting from **midnight** the day before the examination (no food or liquid).

The day of the exam

- If the examination is in the **morning**, remain completely fasting until the examination.
- If the exam is in the **afternoon**: you can have a light lunch no later than 6 hours before the exam. Then be completely fasting.

Plan your visit

- Bring your hospital card and health insurance card.
- If you do not have a hospital card, plan to arrive a little early to make one at the admission service.
- Bring an **up-to-date list of your medications**.
- If you have a **pacemaker**: bring your identification card and a copy of the latest check.
- Do not consume **alcohol or drugs** 24 hours before and after the exam.
- Bring a snack that you can have after your exam.
- Do not wear any jewelry or nail polish.
- If you receive **medication to reduce discomfort during the exam, you must be accompanied by someone who can drive you because driving is prohibited for 24 hours after the procedure.**

If you cannot attend your appointment, call 418-682-7888.

Where to go:

Site	Instructions for the gastroenterology department
Centre hospitalier de l'Université Laval (CHUL)	2705, boul. Laurier, Québec, G1V 4G2: room K-0526 Main entrance, turn right after the gift shop, follow the white arrows on the ground.
Hôpital de l'Enfant-Jésus (HEJ)	1401, 18th street, Québec, G1J 1Z4: at door E Main entrance, turn left down the hallway, take the elevator and go down to the basement, the gastroenterology sector is at the far right of the central waiting room.
Hôpital du St-Sacrement (HSS)	1050, chemin Ste-Foy, Québec, G1S 4L8: local D0-32 Main entrance, turn left down the hallway, take the elevator and go down to the ground floor (RC), continue down the right corridor to the gastroenterology reception.
Hôpital de St-François d'Assise (HSFA)	10, Espinay road, Québec, G1L 3L5: room A1-121 Main entrance, continue down the central corridor and head towards the emergency department.
Hôtel-Dieu de Québec (HDQ)	11, Côte du Palais, Québec, G1R 2J6 : room 7421 Main entrance, take the central elevator and go up to the 7 th floor, turn right when exiting the elevator.

After the gastroscopy

Consult the document *Post-gastroscopy*

Personal notes :

This guide provides recommendations in accordance with the scientific information available at the time of its publication, namely January 17th, 2023. However, these recommendations do not in any way replace the judgment of a clinician. If you have any questions, we invite you to contact your healthcare professional. If, in any way, you misuse the information contained in this document, the CHU de Quebec cannot be held responsible for damages of any kind in this regard.



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