



## Gastroscopy Instructions

### LOCATION OF PROCEDURE:

BLUEWATER HEALTH ENDOSCOPY UNIT



### PREPARING FOR A GASTROSCOPY

*PLEASE NOTE: Please call the office to confirm your appointment  
ONE WEEK BEFORE or your appointment may get cancelled*

**\*\*If you take aspirin or blood thinners on a regular basis, or if you are diabetic, please contact this office immediately at 519 344-3371 for further instructions \*\***

### BEFORE YOU COME TO THE HOSPITAL

Do not eat anything after midnight before your endoscopy. This includes candies or gum. You may drink clear fluids up to 4 hours before your endoscopy. Clear fluids include water, soda, apple juice, black coffee or tea. Do not drink orange juice or milk.

### HOW LONG DOES AN ENDOSCOPY TAKE?

An endoscopy takes about 5 to 15 minutes. You may need to stay ½ to 1 hour after it is over. Plan to be at the hospital about 1 to 3 hours from the start to finish. Please check with the nurse to see how long it will take. You may be ready earlier or you may be there longer. Make sure the nurse knows how to contact the person driving you home.

### MEDICATIONS

Please discuss your medications with your doctor before the procedure. Specifically, blood thinners such as Aspirin, Coumadin, Plavix, Apixaban etc.

If you have diabetes, check your glucose as usual and bring the results with you to the hospital. You may need to have your glucose checked at the hospital.

**You must have an adult drive or meet you and take you home**, even if you go by taxi, or bus or your endoscopy may be cancelled (NO EXCEPTIONS). The person who picks you up must come to where you have had your endoscopy.

Please bring your health card and a list of your current medications.

**If you are unable to keep this appointment or have any questions, please call  
Dr. Springer's office ASAP.**