



## Gastroscopy Instructions

**Location: Bluewater Health Endoscopy Department – 3<sup>rd</sup> Floor**

### **Gastroscopy (EGD) Appointment Date:**

**Time of Arrival:**

**Time of Procedure:**

**Please call the office to confirm your appointment ONE WEEK BEFORE.**

You **MUST** have an adult driver to accompany you home after your gastroscopy. You will receive sedation for this procedure and cannot drive for 24 hours following your procedure.

### **MEDICATIONS**

\* If you take a blood thinner, update the office regarding which blood thinner you are taking for further instructions. You will need to stop this medication a few days before your procedure.

\* If you take diabetic medications, do not take any oral medication on the morning of your gastroscopy. Check your glucose as usual and bring the results with you to the hospital.

\* If you are taking Ozempic for diabetes, **hold 1 week** before your appointment. If you are taking Ozempic for weight loss, **hold 3 weeks** before your appointment.

### **PREPARING FOR A GASTROSCOPY**

**You must have a responsible adult driver**, or your endoscopy may be cancelled (NO EXCEPTIONS). You will receive sedation for this procedure and cannot drive for 24 hours following the procedure.

### **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.

### **ARRIVING AT THE HOSPITAL**

Please arrive 1 hour prior to your appointment time. Check in at Patient Registration on the 1<sup>st</sup> floor, prior to heading up to the 3<sup>rd</sup> floor. Please bring your health card and a list of your current medications along with your completed Patient Health Questionnaire.

### **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.