

# NAVID HEJAZIFAR MD, FRCPC

## Gastroenterology & Hepatology

1-2620 Simcoe St N (located Inside IDA pharmacy) \*This is NOT the location of your procedure\*

Oshawa ON L1L 0R1

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### **GASTROSCOPY INSTRUCTIONS – PLEASE READ CAREFULLY**

*Waiting lists for procedures are long. If you need to cancel or reschedule please contact our office at (905) 438-3777 at least 4 BUSINESS DAYS IN ADVANCE of your appointment so we can book another patient. If you do not show up or cancel with insufficient notice, you will be charged \$150 for your missed appointment*

- \* As you will be receiving sedation during the procedure, **you will NOT BE ALLOWED TO DRIVE AFTER THE GASTROSCOPY** until the following day. You also cannot take a taxi or public transportation alone. Your ride must be available from time of drop off by phone.
- \* Therefore, please ensure that travel arrangements have been made and you have someone to stay with you for 4 hours afterwards.
- \* If you do not have someone to accompany you, your procedure can be done without sedation.

## Day Before Your Gastroscopy

- **If your procedure is scheduled BEFORE 2 PM:**
  - Do **not** eat or drink anything after **midnight** the night before.
- **If your procedure is scheduled AFTER 2 PM:**
  - You may have a **clear fluid breakfast** (no solid food) up to **8 AM** on the day of your procedure.

<b>CLEAR LIQUID DIET</b>		
<b>Type of Drink</b>	<b>YES — OK to Drink</b>	<b>NO — Avoid These</b>
<b>Water</b>	- Water	- N/A
<b>Tea and Coffee</b>	- Tea (no milk, cream, or lightener) - Black coffee (no milk, cream, or lightener)	- Tea or coffee with milk, cream, or lightener
<b>Flavored Water</b>	- Flavored water (without red or purple dye)	- Flavored water with red or purple dye
<b>Juices</b>	- Apple juice - White grape juice - Lemonade (without pulp) - White cranberry juice	- Orange juice - Grapefruit juice - Tomato juice - Juices with red or purple dye
<b>Broth</b>	- Clear broth (chicken, beef, or vegetable)	- Soup (other than clear broth)
<b>Soda</b>	- Soda (light-colored)	- Soda with red or purple dye
<b>Sports Drinks</b>	- Sports drinks (e.g., Gatorade, Propel – light colors only)	- Sports drinks with red or purple dye
<b>Popsicles</b>	- Popsicles (without fruit or cream; no red or purple dye)	- Popsicles with fruit, cream, red, or purple dye
<b>Gelatin</b>	- Jell-O or gelatin (without fruit; no red or purple dye)	- Gelatin with fruit, red, or purple dye
<b>Nutritional Drinks</b>	- Boost Breeze Tropical Juice drink	- Smoothies - Milkshakes
<b>Alcohol</b>	- N/A	- Alcoholic beverages
<b>Dairy</b>	- N/A	- Milk - Cream
<b>Cereals</b>	- N/A	- Cooked cereal

## **Monitoring After Your Procedure & Travel Arrangements**

- \* You will be monitored for 1 hour after the procedure. Expect to be at the hospital for about 2-3 hours, but please allow extra time in case of delays (bring a good book!). You will be informed if further follow-up is needed.
- \* You will be sedated for this procedure and are **NOT** allowed to drive home. You must have someone pick you up within 30 minutes once you are ready to go home from the hospital and stay with you after you are discharged.
- \* If you plan on taking Uber/Taxi you must have a responsible adult with you.

## **Medication Adjustments Before Your Gastroscopy**

**Blood thinners:** If you are on the following medications, please inform our office as they **MAY** need to be stopped for the procedure:

**Pradaxa** (dabigatran)  
**Xarelto** (rivaroxaban)  
**Eliquis** (apixaban)  
**Lixiana** (edoxaban)  
**Heparin Products:** **Dalteparin** (Fragmin) and **Enoxaparin** (Lovenox)  
**Plavix** (clopidogrel)  
**Brilinta** (ticagrelor)  
**Prasugrel** (Effient)  
**Cangrelor** (Kengreal)  
**Aggrenox** or **Ticlid** (ticlopidine)  
**Coumadin** (warfarin)

### **Weight loss and diabetes Medications**

If you take oral hypoglycemic medications (i.e. **Metformin, Glyburide**), do not take the morning dose on the day of your procedure

If you are diabetic and take **insulin**, do not take any short-acting insulin on the morning of your procedure, and take only ½ your usual long-acting insulin dose

All other medications may be taken, even on the day of your procedure, with a small sip of water

Stop the following 7 days before your procedure: **Mounjaro, Ozempic, Wegovy, Saxenda, Victoza**

## **GENERAL INFORMATION ABOUT GASTROSCOPY**

Gastroscopy allows direct visualization of the lining of the esophagus, stomach and duodenum (first part of small bowel). This is often done to investigate symptoms such as abdominal pain, heartburn, difficulty swallowing, or possible bleeding. It is also done to obtain biopsies (small tissue samples) to diagnose celiac disease (wheat allergy) or bacterial infection of the stomach.

The procedure involves insertion of a lubricated flexible video scope and insufflation of air to allow visualization. It takes 5-10 minutes. A small piece of plastic called a bite block is placed between the teeth to protect them. Use of intravenous sedation, usually a narcotic and a benzodiazepine (similar to valium), is common but not absolutely required. Many patients sleep through the procedure and those that don't often can't remember it at all. Sometimes, we have an anesthetist available to provide operative type sedation.

Routine gastroscopy carries minimal risk. There are some general risks, including heart problems or breathing difficulty, and risks due to use of sedation. These are fortunately quite rare. Specific procedure related risks are equally rare and include bleeding (less than 1%) and perforation (only 1 in 3000). These risks might be increased if there were a need for placement of elastic bands on esophageal blood vessels, or dilation/stretching of the esophagus – if anticipated, this would be discussed with you in advance. Since we use a plastic bite block, the risk of dental injury is rare. If any complication were to occur, appropriate measures would be taken, and it would be discussed fully with you.