

Alpine Medical Clinic  
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## GASTROSCOPY

**PATIENT NAME:** \_\_\_\_\_

**REFERRING PHYSICIAN:** \_\_\_\_\_

**DATE OF APPOINTMENT:** \_\_\_\_\_

**TIME OF APPOINTMENT:** \_\_\_\_\_

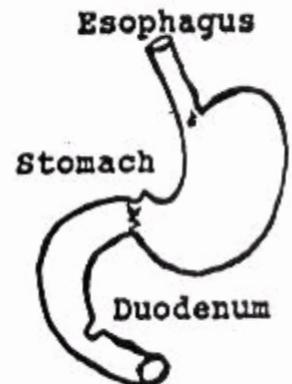
**\*\* THIS PROCEDURE TAKES PLACE AT THE BANFF MINERAL SPRINGS**

***HOSPITAL- Please Arrive 45 Minutes prior to your appointment\*\*\****

**NOTE:** Please note you must inform the office 1 week prior to your appointment if you wish to cancel or reschedule. Failure to do so will result in a \$150 “no show” charge.

### GASTROSCOPY

Gastroscopy is a visual examination of the lining of your esophagus, stomach, and the first part of your intestines. This is performed by passing a thin, long flexible telescope through your mouth under sedation. The doctor will be able to look for any abnormalities which may be present. If necessary, small tissue samples (biopsies) can be taken during the examination. These are painless, and are sent for detailed laboratory analysis. This procedure can also be used for removal or dislodgement of foreign bodies or food particles.



### PREPARATION

Your stomach must be empty, so do not eat or drink anything after midnight. If you must take prescription medication, use only small sips of water. Do not take any antacids prior to your procedure.

### WHAT WILL HAPPEN

The doctor and/or nurse will explain the procedure and answer your questions. Please tell them if you have had any other endoscopic examinations, or have any allergies or previous bad reactions to medications. You will be asked to sign a consent form, giving

your permission for the examination. You will need to put on a hospital gown, remove eye glasses, contact lenses and dentures if present.

A local anaesthetic will be sprayed into the back of your throat, to make it numb. A small butterfly needle will be inserted into a vein in your hand, where medications are given to make you sleepy and relaxed. A plastic guard will be placed in your mouth to protect your teeth. While in a comfortable position on your left side, the doctor will insert the endoscope through your mouth and down your throat. You will be encouraged to swallow. The instrument will not interfere with your breathing, nor cause any pain. The examination takes 10 to 30 minutes.

## **AFTERWARDS**

You will remain in the emergency department for up to 1 hour, until the main effects of the medication wear off. Your throat may feel numb and slightly sore. You should not attempt to eat or drink until your swallowing reflex is normal. The nurse will offer a small sip of water prior to discharge to ensure return of your swallowing reflex. After this you may return to your normal diet unless otherwise instructed. You may feel slightly bloated, due to air which has been injected through the endoscope: This will pass quickly.

Since medication is given during this procedure, you are required to have someone accompany you back to your residence. For the remainder of the day you are not permitted to drive a car or operate machinery, and are advised against making any important decisions, as the sedative you have been given impairs your reflexes and judgment.

## **RISKS**

Gastroscopy can result in complications such as reactions to medications, perforation of the intestine, and/or bleeding. These are very rare (less than one in 1000 examinations), but may require urgent treatment, and even an operation. Be sure to inform us if you have any pain, black tarry stools, or troublesome vomiting in the hours or days after your gastroscopy.

## **QUESTIONS OR PROBLEMS:**

Contact Dr. Ian MacDonald at his office (403) 762-3155. In case of an emergency, Dr MacDonald can be contacted at home (403) 762-2294 or by cellular phone (403)678-7642.