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Endoscopy Information Sheet

APPOINTMENT LOCATION: Dynamic Medical Centre
5734 Yonge Street, Suite 300, Toronto, ON, M2M 4E7
Tel: 416-222-5501

APPOINTMENT TIME/DATE: _____

If you are unable to keep this appointment, please inform the office 72 hours in advance so that we may be able to accommodate someone else, as well as to avoid a re-booking fee.

You will be having a:

- gastroscopy colonoscopy gastroscopy and colonoscopy

General Patient Information:

A **gastroscopy** involves passing a flexible camera through the mouth into the upper digestive tract to examine the lining of the esophagus, stomach, and duodenum (first part of the small bowel). You may be given medications (sedation) before the test to keep you comfortable. If a suspicious or inflamed area needs further evaluation, small pieces of tissue (biopsies) will be taken for histologic examination.

A **colonoscopy** is a procedure in which a flexible camera is inserted through the rectum to examine the colon. A colonoscopy can detect abnormal tissue growths known as polyps. To remove a polyp, an instrument is used to cut it off, sometimes with the aid of an electrical current. A colonoscopy is usually well-tolerated. You will be given medications (sedation) through an intravenous catheter just before starting the test to keep you comfortable.

After your procedure, you will rest in the recovery area. Your doctor will discuss your results with you before you go home. A nurse will provide you with discharge instructions. Your family doctor will receive a letter reporting the results of the procedure. You will not be able to drive or go back to work after your test. Please arrange a ride or take a taxi with someone accompanying you. You should not take the bus home by yourself. You may feel some bloating after the procedure because of air that was introduced during the examination. Please allow about 2 hours for your entire appointment.

While these procedures are associated with low risks when performed by physicians specially trained in this discipline, they may still occur:

- **Drug reaction:** this is rare and usually mild.
- **Perforation:** puncture of the bowel wall is very rare. If it occurs, transfer to hospital and/or surgery may be required to repair the perforation.
- **Bleeding:** a small risk of significant bleeding may occur after polyp removal. This can occur up to 7-10 days later. This usually stops without treatment. Rarely, blood transfusions or surgery is required.
- **Sedation:** may cause respiratory depression or lowering of blood pressure or changes in your heart rate.
- **Dehydration:** usually avoided if adequate amounts of fluids are consumed during your preparation.
- **Aspiration:** rarely, this can be associated with aspiration pneumonia. We will suction your throat if there are a lot of secretions. You will be receiving oxygen through nasal prongs throughout the procedure.

Even under optimal conditions with proper technique, some abnormalities may still be difficult to detect.

An anesthetist will be present during the procedure and will provide you with intravenous sedation.

IMPORTANT – PLEASE READ THE REVERSE SIDE

Preparation instructions for a GASTROSCOPY:

Do not eat after midnight except if you need to take your essential medications (e.g. blood pressure medications, anti-seizure medications, etc), in which case you may do with with sips of water. You may have clear fluids up to 4 hours before the test.

Preparation Instructions for a COLONOSCOPY:

Go to the pharmacy to buy:

- 1) **4 Dulcolax (bisacodyl 5 mg tablets), and**
- 2) **a container of polyethylene glycol bowel prep, e.g. PEGlyte 4 L (to be reconstituted with water) at your pharmacy (no prescription necessary).**

One week before the test: Stop vitamins, iron, calcium.

Three days before your test: Do not eat uncooked fruits and vegetables, whole bran bread or high fiber cereals or food with seeds (sesame, poppy, etc) peas or corn, which make it more difficult to clean out your bowel.

One day before your test: Do not eat any solid food today and until after your test. Drink only clear fluids. These include power drinks, ginger ale, water, ice, clear broth or bouillon, coffee/tea without milk, Jell-O, apple or white grape juice. Avoid red and purple drinks. Mix the bowel prep solution (PEGLYTE) (as recommended) and refrigerate for about 12 hours (it tastes better if cold). However, you can taste it first and if you don't mind the taste, you may drink it at room temperature. It does make you cold when refrigerated. Drinking with a straw or adding lemon juice to the PEGLYTE will also help.

You may take a Gravol tablet before starting the liquid prep. If you are diabetic, take one can of Ensure or Glucerna instead of your breakfast, lunch and supper. Take 1/2 can instead of your evening snack, if you normally take one.

BOWEL PREPARATION INSTRUCTIONS:

1) At 2pm the day before your test take 4 Dulcolax tablets with a glass of water.

2) Drink 3 liters of your prep (PEGLYTE) between 4pm and 10 pm. You may have additional clear fluids until bedtime. Drink one glass every 10 minutes until you have finished 3 liters.

3) Drink the 4th liter of PEGLYTE (4 glasses) 4 to 6 hours before your appointment time. Please be sure to drink all 4 liters unless otherwise instructed by your physician. If you feel too full, have nausea or you vomit, take a Gravol and slow down by taking a glassful every 15 to 20 minutes. (Ignore the instructions on the can/bottle)

You may have additional clear fluids up to 4 hours before your test.

Day of the test: You may take any essential medications with a sip of water.

What to do with your medications (general recommendations):

Most regular medications may be taken during the preparation period, including blood pressure pills and aspirin.

However, if you are on DIABETIC MEDICATIONS, take half of your usual dose on the day before the test and hold your diabetic medications on the day of the test. Do not eat breakfast the day of the test. Resume your normal diet and insulin or diabetic pills after the test.

If you are using COUMADIN (warfarin), stop this medication 5 days before your test, unless otherwise indicated.

If you are using PLAVIX (clopidogrel), stop this medication 7 days before your test, unless otherwise indicated.

If you are using one of the novel oral anticoagulants (NOACs) - e.g PRADAXA (dabigatran), XARELTO (rivaroxaban), ELIQUIS (apixaban), stop this medication 3 days (36 hours) before your test, unless otherwise indicated or if you have kidney disease, in which case you may need to stop this for a longer period.

If you have any questions regarding your medications, please contact Dr. Sam's office.

Please bring your list of current medications.