

# Gastroscopy

## Preparation for your gastroscopy procedure

- It is essential to **fast for at least 8 hours before the exam**. This includes food, water, chewing gum and hard candy.
- Most medication can be taken as usual.
- If you are taking blood-thinning medications (e.g., warfarin (Coumadin), clopidogrel (Plavix), or acetylsalicylic acid (Aspirin or others), **please consult your prescribing doctor or pharmacist when and if you may stop these medications for your exam**.
- Unless advised otherwise by your prescribing doctor, you should avoid taking anti-inflammatory medication such as Advil, Motrin, Naprosyn or any natural products before your exam.
- If you have diabetes:
  - And you take insulin; **please consult your prescribing doctor or pharmacist when and if you may stop these medications for your exam**.
  - If you take antidiabetic medications other than insulin, do not take them the morning of your exam. Once your exam is over, you will be able to restart them with a meal at the time of your next scheduled dose during the day.
  - If you take antidiabetic medication by injection (other than insulin) once a week, you can take it as scheduled, independently from the time and date of your exam.
- You should avoid any alcohol and tobacco consumption before your exam to avoid any interaction with the medications that are administered during the exam.

Once discharged from the Center, you must be accompanied by an adult. For safety reasons, you must not drive, leave alone, take a cab, or take public transport, as the medication you have been given during the examination may impair your alertness.

## After the exam:

- It is safer to wait for one hour before drinking or eating. One should start by taking a small sip of water.
- You may feel numbness in your throat. This is due to the anesthetic spray used to freeze the throat. This symptom can last 60 to 90 minutes.
- After the exam, you may feel discomfort in your throat, which may last a few days. This will go away. Using tablets can help reduce this symptom.
- You may cough up blood-tinged saliva. This may last for a few days. There is no reason to worry. This will subside.
- You may feel bloated because of the air blown into your stomach during the procedure. Belching and walking will reduce these symptoms, which should eventually disappear.
- If you are vomiting blood and have acute abdominal pain and fever, call the Center to speak to a nurse or go immediately to the nearest emergency room, as these are symptoms and signs that should not be present after a routine gastroscopy.
- For the first 24 hours after the exam, you should not undertake any activity that requires attention, as the medications administered during the exam can affect this.