

Preparation for Gastroscopy

Your doctor has recommended you have a gastroscopy exam because of possible upper digestive issues like acid reflux, gastritis or ulcers, and you may be a little weary. After all, the idea of swallowing a tube is not the most comforting of thoughts. While you have no reason to worry about the procedure having any negative effects on your health, there are some things you should know in order to best prepare for the procedure.

- If you have a history of ***heart attack, stroke, TIA or recent vascular stent placement***, consult with your physician prior to having the gastroscopy (also known as an endoscopy, or EGD--Esophago-Gastro-Duodenoscopy).

If you take Coumadin, Plavix, Effient, Pradaxa, Aspirin or any other medication that affect your coagulation, you should discontinue them five days before your procedure. You will be advised prior to leaving endoscopy suite when you can resume these medications. If you were previously advised not to stop these medications, speak to your physician; he probably arrange for you to take a alternative medication or decide to postpone examination.

If you are a diabetic and take medication to control your blood sugar, talk to your specialist about how to take your medication while preparing for your procedure.

Day of the Procedure

- Do not eat or drink anything after midnight on the night prior. On the day of your procedure, you should take your usual Blood Pressure medications with a few sips of water at least two hours prior to your appointment. Do NOT take any sugar lowering medications or any blood thinners, unless instructed otherwise by a physician.

You want to wear comfortable, non-tight clothing and no jewelry.

Right Before the Procedure

Make sure you have set aside at least three hours for the procedure (even though the exam itself only takes around 15 minutes).

Gastroscopy if performed under a general sedation provided by anesthesiologist, you will not experience any discomfort during a procedure

After the procedure, make sure you have someone that can drive you home, as you will be drowsy from the medication and will not be in condition to drive a car or perform any duties that might require increased concentration