

## GASTROSCOPY INSTRUCTIONS

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### **BE PREPARED and Your Gastroscopy Experience will be a Successful One!**

At Canadian Place Endoscopy we highly recommend that you undergo proper preparation to ensure a safe and successful gastroscopy.

#### **THE DAY BEFORE YOUR PROCEDURE:**

BREAKFAST: You may have a regular breakfast as you normally do

LUNCH: Have a light lunch, nothing heavy

DINNER: Have a VERY light dinner

\* NO ALCOHOL the day before your test (24 hours)

**NO SOLID FOOD AFTER DINNER, CLEAR FLUIDS ARE OKAY.  
NOTHING TO DRINK 4 HOURS BEFORE THE TEST.**

#### **MEDICATIONS**

If you are on any of the following medications, you will need to stop taking them for a period of time. Please refer to the list below:

##### Stop Taking

- Aspirin and Entrophen - 7 days before procedure
- Anti---inflammatory - 7 days before procedure
- Iron Pills - 7 days before procedure
- Clopidogrel (Plavix) - 7 days before procedure
- Ticlopidine (Ticlid) - 3 days before procedure
- Coumadin (Warfarin) - 5 days before your procedure (speak to your cardiologist before stopping) and het an INR test done the afternoon before your test. Have your lab fax us the results and do not schedule a Monday Appointment.

Take all other medications (not listed above), as regularly prescribed, with a small sip of water.

## Attention Diabetics

Take only HALF of your regular diabetic medication the day before the procedure. This includes oral medications and Insulin.

On the day of the procedure do not take your diabetic medication until after your procedure is completed and you have had something to eat. You may then return to your regular dose of diabetic medication.

You must make an early morning appointment.

## REMINDERS

- ✓ STOP drinking all fluids 4 hours before the procedure
- ✓ Remove all jewelry and a nail polish
- ✓ Arrive 15 minutes before your scheduled appointment
- ✓ Bring a valid Ontario health card
- ✓ Bring a Driver or arrange for someone to pick you up after the procedure.  
*(Please have your driver drop you off and return after 45 minutes, the waiting area can get busy and cannot accommodate numerous patrons).*

## ADDITIONAL INFORMATION

- You should expect to be at the clinic for admission, procedure and recovery for at least 2 hours
- Kindly do not bring any valuables with you that may become misplaced during your time with us and dress comfortably
- Please remember to bring your questionnaire; a copy can also be found on our website, see below.

Should you have any questions do not hesitate to call us at 416 626-2100

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_



At the corner of Tomken Rd. and Eglinton Ave. east. Opposite the Tim Hortons and Pizza Nova. Drive into the business plaza and the clinic is at the end where the tall red & black glass building is – UNIT 122- 123 1065 Canadian Place. 416 626---2100.

Further information can be found at: [www.endoscopyclinic.ca](http://www.endoscopyclinic.ca)

Thank you & we look forward to seeing you.

**Our Commitment is simple:** To provide the *highest quality care*, in a welcoming and comfortable environment with exceptional staff.

