



# GASTROSCOPY

## YOUR EXAM

Your doctor has prescribed an exam called **gastroscopy**. In this procedure a flexible tube is introduced through the mouth up to the small intestine. The tube has a camera and light on the tip to inspect the esophagus, the stomach, and part of the small intestine to detect the presence of ulcers or lesions.

During the procedure, your doctor may conduct a **biopsy**<sup>[1]</sup> or **remove polyps**<sup>[2]</sup>.

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[1] A medical test involving the removal of tissues in order to analyze them and to determine their nature.

[2] Polyps are benign tumours which may measure from several millimeters to several centimeters. They should be removed because the lesions can become cancerous.

## WHAT TO DO BEFORE YOUR EXAM

It is important to follow the recommended guidelines, because the quality and safety of your exam depend on it.

- If you are taking Coumadin (Warfarin), Plavix, Aspirin, or Heparin, notify the clinical staff when scheduling your appointment.
- Notify the staff if you have a pacemaker.
- If you are diabetic, talk to your doctor who will give you guidelines to help you manage your medication safely before your exam.
- Bring an up-to-date list of all medications you are taking and be sure to mention any known allergies.
- Avoid eating, drinking, or smoking at least five hours before the exam.
- Do not wear jewellery or nail polish the day of the exam.
- Arrive 30 minutes before the scheduled time of your exam.

## IMPORTANT

You will not be able to drive after the exam, so we ask that you be accompanied by a friend or family member.

## DURING THE EXAM

- The exam may last from 5 to 20 minutes.
- You will be moved to an examination stretcher.
- You will lie on your left side.
- The nurse will give you a mild sedative to keep you comfortable and help you relax.
- The nurse or doctor will freeze your throat with a spray.
- When you will be ready, the doctor will insert the tube in your mouth. **It is important to mention if you feel any pain.**

## AFTER THE EXAM

- You will be kept in an observation area for about 30 minutes.
- The staff will regularly check your blood pressure and other vital signs such as your heart rate.
- It is normal to feel bloated or have gas.
- It is normal to feel tired and nauseous.
- It is normal to feel discomfort in the throat or the mouth area.
- Since your throat is frozen, you must fast for at least 60 minutes or according to the recommended guidelines.

## AT HOME

**The overall risk of complications with this exam is very low:**

- bleeding;
- perforation of the digestive tract.

**If you have severe stomach pains, chills, black stools or vomiting with blood:**



Consult with your family doctor or go to a walk-in health clinic.



If the clinic is closed:  
call Info-Santé 8-1-1.



Go to the nearest hospital emergency department.

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### Revision and Layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

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July 2017 – 1-6-70924

The information provided in this document is made possible thanks to financial support from the Fonds Brigitte-Perreault for patient safety and quality of care.

**If you must cancel your exam, please notify the staff at 819-564-5210.**