

## Preparation Instructions for Gastroscopy/Esophagogastroduodenoscopy

**Appointment Date:** \_\_\_\_\_

**Procedure Time:** \_\_\_\_\_ **Must arrive ONE HOUR PRIOR**

**Location: UBC Hospital**

Koerner Pavilion (Ground Floor)  
2211 Wesbrook Mall  
Vancouver, BC V6T 1Z3  
Phone: 604-822-7665

**OR**

**Vancouver General Hospital**

Jim Pattison Pavilion (1<sup>st</sup> Floor)  
899 West 12<sup>th</sup> Avenue  
Vancouver, BC V5Z 1M9  
Phone: 604-875-4155

- A sedative drug may be administered to produce a state of calm or drowsiness for safety during the procedure.
- **Stop taking Aspirin or any non-steroidal anti-inflammatory drugs (NSAIDs)** for one week prior to your procedure. Examples of NSAIDs include Ibuprofen, Advil, Naproxen, Aleve, Diclofenac, Arthrotec etc. These medications act as blood thinners and need to be discontinued to prevent bleeding. Tylenol is OK to take for pain as needed.
- **Continue taking any steroidal medications.** Examples of steroidal medications include Prednisone, Methylprednisolone, and Dexamethasone.
- **Blood thinners:** stop taking \_\_\_\_\_ medication \_\_\_\_\_ day(s) before the appointment date.

### One day prior to the procedure:

- **Clear fluids only** after midnight.

### On the day of procedure:

- Do not eat or drink anything within 4 hours before the exam, with the exception of sips of water for medication.
- Arrive on time with your BC Care/Services Card.
- Leave your valuables at home. Bring a reusable bag or back pack to store your belongings during the procedure.
- Have an adult with you who can escort you home afterwards. If you are planning to take a taxi home, **you must arrange a responsible adult to accompany you** during the ride.

### After the exam:

- **YOU SHOULD NOT DRIVE OR OPERATE MACHINERY** for at least 24 hours after the procedure.