

# JOSEPH BRANT HOSPITAL Preparing for your Gastroscopy

You are scheduled for a gastroscopy on: \_\_\_\_\_ Time: \_\_\_\_\_

Your doctor is: \_\_\_\_\_

**Location:** Arrive at Joseph Brant Hospital, South Tower, Level 2. Plan to arrive at least 30 minutes before your scheduled appointment time.

**You will not be able to drive for 24 hours after your procedure. If you are taking a taxi, you must ensure you have a responsible adult to accompany you home (not the taxi driver).**

**Please remove all jewelry and body piercings prior to coming for your gastroscopy. Metal interferes with cautery and may cause burns.**

Red Cross, at (905) 637-5664, may provide transportation to and from your appointment if required. Transportation via Red Cross must be organized and booked well in advance of your appointment at Joseph Brant Hospital.

Please bring with you a list of all your medications, your health card, and the pre-anesthetic form.  
**Please leave all valuables at home.**

---

## **Blood Thinners:**

**Stop** your Plavix (clopidogrel), or Brillinta (ticagrelor), or Coumadin (warfarin), 5 days before your appointment.

Last dose: \_\_\_\_\_

**Stop** your Pradaxa (dabigatran), Xarelto (rivaroxaban), or Eliquis (apixaban), 3 days before your appointment.

Last dose: \_\_\_\_\_

You will be advised after your procedure when you can safely restart your blood thinners.

**Diabetes:**

**Diabetes tablets** (pills) – Do not take diabetes pills the night before and on the morning of the procedure.

**Insulin** – take only half (1/2) of your dose the night before the test. Do not take insulin the morning of the test.

Please continue to check your blood sugar while prepping, and the morning of your test.

**Medications:**

Take all other medications as usual including inhalers (puffers) and ASA (Aspirin). You may take your medications with sips of water the morning of the test.

**Nutrition:**

**Do not** consume solid foods or opaque fluids such as milk or juice with pulp starting at midnight, the day of your test.

On the day of your procedure, only clear fluids are permitted, such as water, apple juice, or black coffee/tea. Stop drinking fluids, and/or chewing gum/candy 3 hours before your appointment time.

**Important:**

Endoscopy appointments are a limited resource. If you need to reschedule or cancel your appointment, please contact your physician's office no later than 48 hours before your scheduled appointment time. If you cancel your appointment less than 48 hours before your scheduled appointment time, a fee may be charged to you by your physician's office.