

GASTROSCOPY INSTRUCTIONS ARH (page 1/2)

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Date of procedure: _____ **Check-In time:** _____

Procedure location: **Abbotsford Regional Hospital General Daycare Unit**

32900 Marshall Road, Abbotsford

YOU MUST PHONE OUR OFFICE (604-381-1800) TO CONFIRM YOUR APPOINTMENT 14 DAYS BEFORE YOUR APPOINTMENT. WE REQUIRE 2 WEEKS NOTICE FOR CANCELLATION OR RESCHEDULING; OTHERWISE THERE WILL BE A CHARGE OF \$500.

Stop all blood thinners prior to gastroscopy unless otherwise directed by your family physician or specialist. Consult your family physician or specialist to see if you will require bridging therapy while off blood thinners.

- stop plavix/clopidogrel, warfarin/coumadin, ticagrelor/brilinta 5 days prior to gastroscopy
- stop apixaban/eliquis____days prior to gastroscopy
- stop dabigatran/pradaxa____days prior to gastroscopy
- stop rivaroxaban/xarelto____days prior to gastroscopy

If you take medications for diabetes, please consult your GP for directions for the day of gastroscopy.

You require a driver to bring you home from the hospital. Due to sedation, you are considered legally impaired for up to 24 hours post procedure. You CANNOT drive, take taxi or bus home post gastroscopy.

If you need an interpreter, you must provide one for yourself and they must attend both check in and discharge with you.

FYI: inpatients needing urgent procedures take priority over outpatients. Sometimes outpatients need to be rescheduled to accommodate urgent inpatient procedures.

You will be in the hospital for approximately 2.5-3.5 hours from your check in time.

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7 days before gastroscopy:

- Stop all anti-inflammatories (e.g. advil/motrin/ibuprofen, aleve/naproxen, celebrex/celecoxib, cambia/diclofenac, Toradol/ketorolac).

5 days before gastroscopy:

- Check the first page for instructions on stopping blood thinners.

The day before gastroscopy:

- Do not eat or drink after the midnight before the day of gastroscopy.

The day of gastroscopy:

- You may continue to take your usual medications with a sip of water unless otherwise directed by your family doctor or specialist. If you take medications for diabetes, please consult your GP for directions.
- Bring a list of your medications, care card with picture ID to the hospital.
- Do not wear perfume to the hospital.