

GASTROSCOPY



SOURCE : www.medicalnewstoday.com

INFORMATION FOR THE PATIENT

GASTROSCOPY

Gastroscopy is an examination that allows the visualization and assessment of the inner lining of your esophagus, stomach and duodenum (the first part of the small intestine) through the use of a flexible tube called a gastroscope.

The examination can:

- Diagnose some lesions, ulcers, tumors or hiatus hernias (of the stomach).
- Detect anomalies in the lining of the esophagus, stomach and duodenum.
- Accurately establish a diagnosis.
- Take tissue samples to analyse (biopsy).
- Stop bleeding using an instrument that cauterizes (a medical technique that uses heat or chemical products) or find its cause.

This examination is usually ordered:

- If you:
 - Have epigastric pain, nausea and vomiting.
 - Are anemic due to lack of iron or you had black stools.
 - Have lost weight and/or your appetite.
 - Have problems swallowing or digesting or have heartburn.
- To treat a hemorrhage.

This examination is safe and healthcare professionals monitor you throughout the examination.

Don't hesitate to ask the healthcare professionals any questions before, during or after the procedure.

Confirming or cancelling your appointment

We will phone you to give you the date and time of your appointment along with some instructions to follow.

If you are unable to come to your appointment, it is important to let us know at least 48 hours in advance by calling us (telephone numbers are on Page 6). That way, another patient on the waiting list will be able to take your place.

This postponement will be counted as a refusal by you and, if there is a third refusal or postponement, your request for an endoscopic examination will be cancelled and you will have to see your doctor again to assess the need to undergo this examination (directive from the ministère de la Santé et des Services Sociaux (MSSS), March 2021).



■ Preparing for the examination

- Do not drink, eat, chew gum or suck on a candy after midnight except to take your medication with a sip of water and to brush your teeth.
- Temporarily stop some of your medications before the examination if so instructed.
- Do not take any diabetes medication the morning of your examination, unless otherwise instructed.
- Remove any jewellery or piercing. We recommend that you leave them at home.
- Remove your contact lenses, nail polish, artificial nails and makeup.
- Keep your hearing aid.
- If you receive medication to relax you (sedative) during the examination, you must be accompanied for your return home because you will not be able to drive for 24 hours. We will tell you if this applies to you.
- Inform the appointments clerk and the nurse of your state of health or if your medications have changed since your medical appointment.

Bring with you:

- An up-to-date list of the medications you are taking.
- Your valid health insurance card.
- Your hospital card (if you do not have one, a new card will be given to you at Endoscopy, or you will have to go to Hospital Admissions to get one before your examination).
- Any relevant radiology documents in your possession (reports, CD, etc.).
- Note that a bag or locker will be available for you to leave your personal effects in.



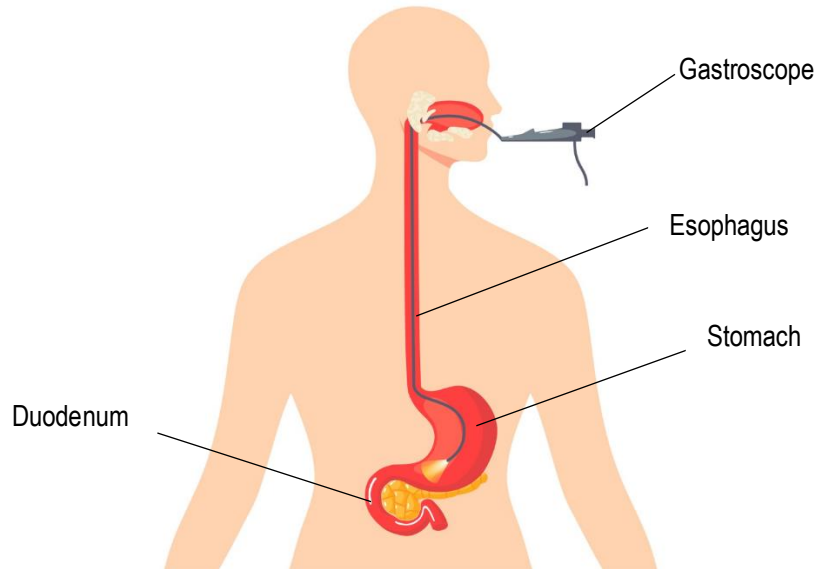
**WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.
BRING MINIMUM PERSONAL EFFECTS.**

■ How the examination is conducted

- We will tell you which clothes to remove. You will then put on a hospital gown.
- In the examination room, you may have to remove your dentures. If that is the case, we will give you a container to put them in.
- Once in the examination room, a member of the team will tell you the best position to be in to facilitate the examination, while ensuring your greatest comfort. .
- We will spray a medication (anaesthetic) in your throat to freeze it.
- If you receive medication to relax you (sedative), an intravenous catheter will be inserted in your arm to administer the necessary medication. This will allow you to be lightly asleep during the examination.

The doctor will conduct the examination:

- The doctor will introduce a flexible tube the diameter of a little finger, called a gastroscope, through your mouth which will descend into the duodenum.
- Don't worry, the tube won't interfere with your breathing.
- The doctor will see the images produced by a fibre optic (camera) projected on a screen..
- You may experience temporary cramping, bloating or discomfort in the stomach area. These symptoms are caused by the air blown into your stomach to dilate it to see properly into all the creases. To reduce discomfort, do not try to hold gas in nor try to swallow to hold back your saliva, let it flow onto the towel placed under your chin.



Biopsy

- During the examination, it is possible a biopsy will be performed.
- In this case, a small instrument will be introduced into the colonoscope to take a tissue sample.
- The sample will be sent to the hospital laboratory for analysis.

Length of the examination

- The examination will last for about 10 minutes and if you have received medication to relax (sedative) you will remain under observation for about 30 minutes after the examination. If you have not received this type of medication, you will leave immediately after the examination.



Instructions for the return home

- You cannot drink or eat anything for one hour after the gastroscopy. You must wait until you can swallow without choking.
- If you received medication to relax you (sedative), you must be accompanied for the return home as you cannot drive for a period of 24 hours after your examination. The person accompanying you must be easy to contact (have a cellphone with them).
 - Go to our website (Care and Services section, then Endoscopy) to consult and follow the instructions in the *Returning home after a sedation* pamphlet.

Possible side effects after the examination

- Watch for side effects of the examination. These post-examination symptoms are normal and should not worry you:
 - Mild throat irritation.
 - Mild discomfort due to bloating, or, rarely, abdominal cramps.

You must call Info-Santé (811) or go to Emergency if you have:

- Vomit up blood or have black stools.
- Abdominal pain not relieved with acetaminophen (Tylenol™).
- Oral temperature above 38.5 °C for more than 24 hours.



Contact information

The Endoscopy services of the CISSS des Laurentides are open Monday to Friday from 8:00 am to 4:00 pm, except for the Hôpital de Mont-Laurier where the hours are 7:30 a.m. to 3:30 p.m.

Note that the services are closed on Saturdays and Sundays as well as statutory holidays.

Hôpital de Saint-Eustache: 450-473-6811, ext. 42417
520 Boul. Arthur-Sauvé, Saint-Eustache, QC J7R 5B1

Hôpital Laurentien: 819-324-4000, ext. 34559
234 Rue Saint-Vincent, Sainte-Agathe-des-Monts, QC J8C 2B8

Hôpital de Saint-Jérôme: 450-432-2777, ext. 22781
290 Rue De Montigny, Saint-Jérôme, QC J7Z 5T3

Hôpital d'Argenteuil: 450-562-3761, ext. 72521
Centre multiservices de santé et de services sociaux d'Argenteuil
145 Avenue de la Providence, Lachute, QC J8H 4C7

Hôpital de Mont-Laurier: 819-623-1234, ext. 54240
2561 Chemin de la Lièvre Sud, Mont-Laurier, QC J9L 3G3

You can also call Info-Santé at 811.