

## PATIENT INSTRUCTIONS

# GASTROSCOPY or ENTEROSCOPY

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ am/pm Provider: \_\_\_\_\_

Additional Instructions: \_\_\_\_\_

### **What is a Gastroscopy (upper endoscopy)?**

A gastroscopy enables your doctor to examine the esophagus, stomach, and duodenum (first part of the small bowel) with a flexible instrument. It is useful in looking for sources of bleeding, pain, or abnormalities seen on x-ray.

### **What is an Enteroscopy?**

A test to look at the upper portion of your small bowel.

### **What can I expect?**

Efforts are made to keep you comfortable. You will need to be positioned on your left side. Some gagging may occur so the throat may be numbed with a spray. A mild sedative is often used to help relax you.

### **What preparation is required?**

The stomach should be completely empty to allow the physician a good view. If the stomach isn't empty, the procedure may have to be rescheduled.

### **What are the possible complications?**

Complications are rare but can occur. Whenever foreign bodies or polyps are removed, there is chance of bleeding and/or perforation. Other complications which can occur are aspiration, cardiac arrhythmia, fainting, and reactions to medications. A slightly irritated throat is not uncommon. Overall, this is a very safe and valuable procedure. You will be given written discharge instructions after your gastroscopy.

### **Advance Directives:**

If you have an Advance Directive bring a copy with you. If you have a "do not resuscitate" Advance Directive, Mankato Clinic Endoscopy Center honors the Directive on a **limited** basis; Mankato Clinic Endoscopy Center staff, under the direction of the physician, will aggressively treat and transfer you to the Mayo Clinic Health System Mankato hospital in the event of deterioration. If you bring a copy of your Advance Directive it will be transferred with you. The Mankato Clinic Endoscopy Center declines to implement elements of the Advance Directive on the basis of conscience or any other reasons permitted under the State Law.

7 Days Before	Prepare Yourself For The Procedure	Day Of Procedure
<ul style="list-style-type: none"> <li>● If diabetic, or on anti-inflammatory (NSAIDS) such as Ibuprofen, Advil, Motrin, Naproxen, Aleve, or Aspirin, please contact your primary/pre-op provider regarding any changes needed unless already instructed.</li> <li>● Continue to take all other prescribed medications as usual unless changed by your provider. (During prep time take with small sips of water.)</li> </ul>	<ul style="list-style-type: none"> <li>● You are scheduled for a sedated procedure. We require that you do not drive or operate any machinery for 12 hours after. <b>A responsible driver must accompany you to the clinic and remain in the waiting room during the procedure and recovery period.</b> We recommend that someone remain with you for 12 hours after you are discharged. <b>You are not allowed to take a taxi, bus, or walk home.</b></li> <li>● Bring a list of current prescription and over-the-counter medications and herbal supplements. Include dosage and number of times taken each day.</li> </ul>	<ul style="list-style-type: none"> <li>● <b>No Solid Foods after Midnight</b></li> <li>● <b>After Midnight ONLY sips of WATER up until 2 hours before your procedure.</b></li> </ul>
5 Days Before		
<ul style="list-style-type: none"> <li>● If you are on a blood thinning medication (examples: Coumadin, Warfarin, Plavix, Jantoven or Lovenox, etc.) please make your healthcare provider aware of this <b>before</b> your procedure. Certain medications may need to be stopped temporarily prior to your procedure.</li> <li>● Also, please inform your healthcare provider if you are or may be pregnant.</li> </ul> <p>MCE164 (4/19) – Page 2 of 2</p>	<ul style="list-style-type: none"> <li>● If you have a prescription inhaler at home, please bring this along with you to your appointment.</li> <li>● Bring a list of known allergies to food, medication, or latex.</li> <li>● Bring a list of medical conditions and your surgical history.</li> <li>● Wear short sleeved shirt and loose-fitting, comfortable clothing.</li> <li>● If you are diabetic, you may need to check your blood sugar more often.</li> <li>● Our highest priority is performing the most careful and safest possible examination for each and every patient. <b>Although we strive to remain on schedule, please understand that some procedures take longer than others. We ask for your patience and that you allow 3-4 hours for check in, procedure and recovery.</b></li> </ul>	<p><b>PLEASE LEAVE YOUR VALUABLES AT HOME</b></p> <p><b>Please report to the Mankato Clinic Endoscopy Center at 1230 E. Main Street, Mankato as scheduled above with a responsible adult driver. Call with any questions to 507-389-8582 and select option #1.</b></p>