
AFTER THE TEST

- ◆ You will stay in a recovery room for observation until you are ready for discharge.
- ◆ You may feel some cramping or a sensation of having gas.
- ◆ **If your throat was sprayed DO NOT EAT OR DRINK ANYTHING** for one (1) hour after the procedure.
- ◆ You can return to a normal diet and normal activities after your procedure **unless** instructed otherwise.
- ◆ The physician will speak to you after the procedure.
- ◆ If you have any of the following, you should go the nearest emergency department or call the Healthline at 1-888-709-2929.
 - ◇ Severe pain
 - ◇ Vomiting
 - ◇ Fever
 - ◇ Shortness of breath

ENDOSCOPY UNIT

UNIT HOURS

8:00 a.m. to 4:00 p.m.

Monday to Friday

TELEPHONE NUMBERS

CNRHC: 709-292-2218

JPMRHC: 709-256-5965

**Please remember this is a
scent-free environment.**

**Do not use scented products
before coming to your
appointment.**

**NL Health Services is proud to
create a healthier environment.**

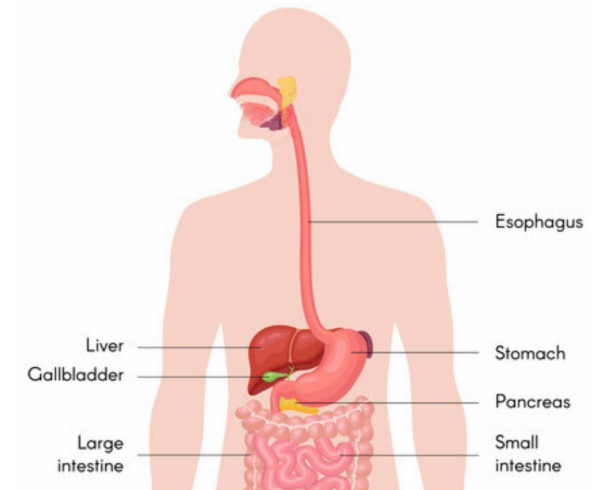
*Thank you for helping to improve the
health of our community by not smoking
anywhere on our properties.*

CH CID 020



**NL Health
Services**

GASTROSCOPY



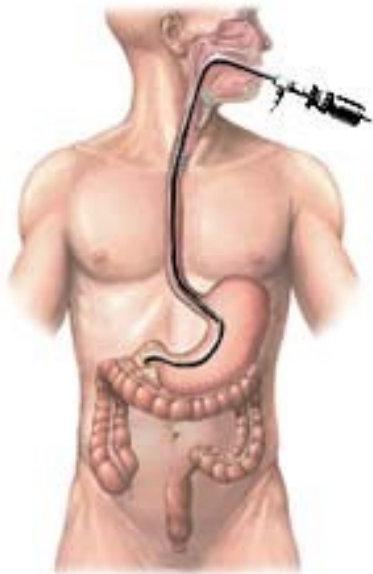
Patient information

Endoscopy Services

WHAT IS A GASTROSCOPY ?

A gastroscopy is a test that looks inside the upper digestive tract. A long flexible tube is passed through the mouth and moved through the esophagus, stomach and the first part of the bowel. During this test the doctor will be able to examine each part of the digestive tract and look for any problems.

Upper endoscopy



BEFORE THE TEST

The test is done in the endoscopy unit and you may need to stay in the unit for several hours.

- ◆ You **may** be sedated prior to the examination. If so, you will not be permitted to drive a motor vehicle or operate machinery for 24 hours after the procedure.
- ◆ You can eat and drink normally the day before your test. **DO NOT EAT ANYTHING SOLID** after midnight.
- ◆ **DO NOT DRINK** anything 4 hours before your test.
- ◆ Be sure to have a bath or shower the morning of your procedure and wear comfortable loose fitting clothing.

ABOUT THE TEST

- ◆ You may be asked to wear a hospital gown.
- ◆ The doctor will explain the procedure to you in more detail and you will be asked to sign a consent form. Parental consent is needed if you are under 19 years of age.

- ◆ A needle for intravenous medication may be placed in your hand or arm.
- ◆ If you have dentures you will be asked to remove them.
- ◆ Before the test, your throat may be sprayed with a local anesthetic (freezing).
- ◆ A plastic mouth piece will be placed between the teeth. You will still be able to breath normally.

MEDICATION INFORMATION

- ◆ If you are taking blood thinners you **must** check with your family doctor two (2) weeks in advance of the procedure to find out what to do.
- ◆ It is ok to continue medication such as low-dose aspirin, ibuprofen, Motrin, Advil, and antacids.
- ◆ If you have diabetes check with your family doctor or nurse practitioner two (2) weeks before your scheduled procedure to learn what to do with your diet, diabetes pills or insulin.
- ◆ It is okay to take your medication the morning of the procedure, unless you are instructed otherwise by your doctor.