

# Ian Bookman, MD

## Gastroenterology

Lecturer, University of Toronto

### INFORMATION ABOUT YOUR GASTROSCOPY

## **\*\* PLEASE SIGN BELOW & BRING WITH \*\***

#### **What is the purpose of a gastroscopy?**

A gastroscopy allows Dr. Bookman to observe the upper portion of the intestinal tract, including the esophagus, stomach and duodenum. Dr. Bookman will be able to diagnose problems in these areas such as ulcers, tumors, or causes of bleeding. During the gastroscopy Dr. Bookman will also be able to take a biopsy, remove foreign objects or polyps, or dilate areas which have become narrowed.

#### **How is the Test Done?**

A long, flexible tube is passed through your mouth and down into the esophagus. Your throat will be frozen to make passing the tube easier and you may be given some sedation. This tube carries with it a light source so that Dr. Bookman can see the area the tube is passing through. The tube will not interfere with your breathing. Sometimes air is inserted through the tube, and this may cause you to feel some bloating and to burp.

#### **Are there any risks?**

There are rare risks to this test. Your doctor will discuss these with you.

#### **What must be done to prepare for the test?**

You will be asked **not to eat or drink anything for a time before the test**, usually from midnight the evening before the test. This preparation is very important, and the test may be cancelled if you have had anything to eat or drink.

When you come for your procedure please leave all your valuables, such as rings, wallet and money at home.

If you are an insulin dependent diabetic, please bring your insulin with you.

#### **What can I expect after the test?**

**You must pre-arrange for someone to be available to drive you home at any time following your procedure.** You will not be able to drive yourself if you have had sedation.

# Ian Bookman, MD

## Gastroenterology

Lecturer, University of Toronto

You will not be allowed to eat or drink for one hour after the test. It is then advisable to start slowly with cool drinks for the next hour or two. You may have a sore throat and feel bloated. Burping will help to relieve the bloating. Do **not** drink alcohol for the rest of the day.

If you have any severe pain in your chest or abdomen or if you have difficulty breathing or swallowing you must contact your doctor immediately.

Dr. Bookman will speak to you after the test, to give you the results; however, you will be sleepy and may not remember. You may want to make an appointment to see the doctor to discuss the results on a separate day.

I have read the above information and feel that a reasonable amount of information has been provided to me prior to the day of the procedure.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date