

# Ian Bookman, MD

## Gastroenterology

Lecturer, University of Toronto

You have been scheduled for a GASTROSCOPY on \_\_\_\_\_

CHECK-IN TIME: \_\_\_\_\_ PROCEDURE TIME: \_\_\_\_\_

Please go to: Patient Registration, Ground Floor, Tranquility Garden Entrance  
St. Joseph's Health Centre, 30 The Queensway  
For questions or directions, visit [www.stjoe.on.ca](http://www.stjoe.on.ca) or call 416-530-6156.

Please Bring:

1. A responsible adult to escort you home. You will NOT be allowed to drive or work for the rest of that day. If you do not have someone to escort you home, you will not be offered sedation, or your procedure will be canceled and you will be responsible for the cancellation fee.
2. Ontario Health Card

**Cancellation Fees:** \$150 if less than 48 hours notice  
\$25 if less than 2 weeks notice

### Preparation Instructions:

1. **Medications:** Continue on all prescription medications, including the day of the test, EXCEPT for:
  - a. Coumadin – hold for 3 days  
- you MUST confirm with your GP or cardiologist if it is OK for you to stop this medications
  - b. Insulin – if short-acting, hold morning dose  
- if 30/70 or long-acting, take half morning dose
  - c. Glyburide – hold morning dose
2. Have nothing to eat or drink after midnight, except for your medications in the morning with a few sips of water.
3. If you are diabetic and feel lightheaded, then drink 1 glass of apple juice until you feel better.