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Your appointment date & time: \_\_\_\_\_

Please arrive at Georgian Bay General Hospital **45 min prior** to this scheduled appointment time.

**Patients are required to confirm their scope appointment with their surgeon's office 1 week prior to the procedure. A cancellation fee of \$100 will be charged if 72 hours notice is not given for missed scope appointments..**

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## **Gastroscopy Preparation Instructions - Please Read Carefully**

- Blood thinner instructions: \_\_\_\_\_
  - you will receive instructions about when to restart your medications prior discharge
- **Do not eat or drink anything after midnight** the night before your gastroscopy procedure. Your stomach must be empty. Most medications can be taken before 6:00am on the morning of the procedure with a small sip of water. If you are not sure what medications to take, please ask your surgeon.
- After your gastroscopy you will remain in the Recovery Room for 15-30 minutes while the sedation wears off. You may feel tired or groggy. You may have a mild sore throat, which will get better within 24 hours.
- You may eat a regular diet after your gastroscopy.

### General Instructions

**Please come to the Georgian Bay General Hospital Ambulatory Care Department on the Lower Level 45 minutes prior to your scheduled appointment. Please note that this arrival time is not your procedure time. We do our best to start procedures at the scheduled appointment time, but delays can, and do, occur.**

Use the main entrance and register at the main Registration Desk. The Registration Clerk will require your health card, please ensure your health card has not expired. Once registered, take the stairs or elevator downstairs to the Ambulatory Care Department.

**You will not be able to drive for the rest of the day** following your gastroscopy. Arrangements must be made in advance to have a responsible adult drive you home and stay with you overnight. **Your driver does not** need to remain in the hospital as long as they leave a phone number at which they can be reached when you are ready to be discharged.

When you are discharged, your driver can get a 15 minute parking pass at either the volunteer desk or switchboard to park at the front door of the hospital. The responsible person picking you up must come into the Ambulatory Care Department to sign for your release from the department. Please take the elevator when you leave the department as you may still be groggy from the sedation medications. It is recommended that you have adult supervision at home after the sedation to ensure your safety.

Please leave all jewelry (rings, earrings, necklaces, watches etc) and valuables at home. There is no secure storage for these items in the Ambulatory Care Department. Georgian Bay General Hospital is not responsible for lost or stolen belongings. Do not wear make-up, nail polish or perfume.

Please bring a list of all your current medications. Bring your glasses and glasses case, if necessary. Wear comfortable clothing.

If you have any questions or concerns please call your surgeon's office.