

<p>SOUTHERN AND SA GASTROINTESTINAL SERVICES PATIENT INSTRUCTIONS FOR UPPER GI ENDOSCOPY</p>

Appointment Date: _____ **Time:** _____

Location

Flinders Private Hospital	Ashford Hospital
Wakefield Hospital	Central Districts Hospital
North Eastern Community	
Broken Hill Hospital	Riverland Hospital
Kapunda Hospital	Kangaroo Island Hospital
South Coast Hospital	Mt Gambier Hospital
Wallaroo Hospital	

Doctor

P. Bampton	D. Bartholomeusz	J. Bessell
A. Chew	D. Handley	M. Le Mire
C. Rayner	A. Rodgers	J. Ring
A. Wigg		

Information about the procedure

An upper GI endoscopy is a procedure which enables direct visualisation of the surface of the oesophagus and stomach. It is performed by the doctor inserting a flexible instrument, called an endoscope, through the mouth whilst the patient is under sedation. The procedure takes 20 minutes to perform.

For a successful endoscopy, you must fast for 6 hours beforehand.

After the Procedure

Following the procedure you will be taken into the recovery room. Upon recovering from the sedation, you will be given light refreshments prior to discharge. Your doctor will speak to you after the procedure and give you a provisional written report. **Driving is not recommended for the remainder of the day**, and a responsible adult should be with you in the first 24 hours after the procedure.

Medications before the Procedure

Please take your usual medications before the procedure, with the exception of diabetic medications and anticoagulants (blood thinners).

Questions?

Please call 8276 9888 at any time.

Information for patients on diabetic tablets

<i>Metformin</i> Eg diabex, glucophage Eg glucohexal, diaformin	Stop 2 days before your test, beginning with the morning dose
---	--

<i>Gliclazide</i> Eg diamicon, glyade <i>Glipizide</i> Eg melizide, minidiab <i>Glibenclamide</i> Eg daonil, glimel <i>Glimepiride</i> Eg amaryl <i>Tolbutamide</i> Eg rastinon	Stop 1 day before your test beginning with morning dose
--	--

<i>Acarbose</i> Eg glucobay <i>Rosiglitazone</i> Eg Avandia <i>Pioglitazone</i> Eg Actos	Omit tablet on day of the test only
---	-------------------------------------

Information for patients on insulin

Take half your usual insulin dose in the evening and hold the morning dose until after the procedure. Any queries should be directed to your specialist. If you are afraid that you might have a “hypo” while waiting for your procedure, please bring some lemonade (full strength sugar – not diet) to sip

Information for patients on blood thinners

Warfarin/Marevan
Please stop 5 days before the procedure, and have a check INR (blood test for thinness of blood) on the morning prior to your procedure. If you have an artificial heart valve, if it is a mitral valve then you will need to be on clexane injections during this time, omitting the clexane on the day of the tes. If you have an artificial heart valve, or are not sure please contact the specialist who has organised this test

Aspirin
You can continue with this.

Clopidogrel
Stop this 7 days before the test, unless you have a coronary artery stent. In this case, please contact the specialist who has organised this test.