



Religious Hospitaliers
of Saint Joseph
of the Hotel Dieu of Kingston
HOTEL DIEU HOSPITAL

in the Endoscopy Outpatient Reception on the 4th floor. Rest at home and return to work the next day.

Complications

Adverse effects and serious complications are very rare. However, any medical procedure carries some risks, which vary depending on your overall health. These could include...

- aspiration (inhaling into a lung) of stomach contents.
- perforation (puncture) of stomach or esophagus, which may have to be repaired by surgery. This complication is usually recognized immediately, but late recognition may lead to overwhelming infection.
- bleeding from a biopsy site or polyp removal, which only rarely may require transfusions or surgery.
- breathing difficulties or heart problems (if you already have heart disease) from the drugs used for sedation. In patients with severe heart disease, your heart will be checked constantly by a monitor machine.
- irritation of the vein used for administration of the medication - you may notice a tender lump which should disappear within a few days.

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Prepared by Education & Organizational Development
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Our hospital is a **scent-free** environment.
Please refrain from wearing scented products.

PATIENT INFORMATION BROCHURE

Upper Endoscopy Procedure

Endoscopy appointments are **extremely limited**.

If you are unable to keep your appointment, please call the Endoscopy Office at Hotel Dieu Hospital
613-544-3400, extension 2293,
3 working days before your procedure date to cancel.

PATIENT _____

DATE OF PROCEDURE _____

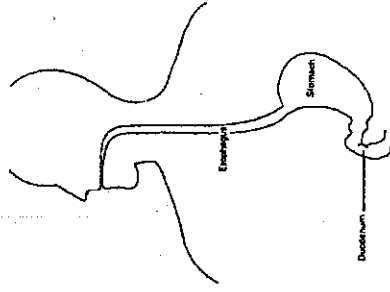
ARRIVAL TIME _____

PROCEDURE TIME _____

DIRECTIONS: Enter Hotel Dieu Hospital through the Brock Street entrance. Take the main elevators to the 4th floor. Follow the signs to the Johnson 4 clinic reception area.

What Is An Upper Endoscopy?

This is a visual examination of the esophagus, stomach and duodenum, done by inserting a flexible tube through the mouth into the esophagus. The tube allows the physician to examine the lining of the upper digestive tract.



Preparation For The

Procedure:

- Remind your physician if you have had a heart valve replaced.
- If you are taking blood thinners/anticoagulants (e.g. Coumadin, Plavix, Aggrenox, etc), follow the recommendations provided by your gastroenterologist regarding whether or not to continue taking these medications.
- Your stomach must be empty for the procedure – you will have nothing to eat or drink (not even water) after midnight.
- You will receive sedation before the procedure.

On the day of surgery...

- If you normally take a prescribed medication for heart disease, high blood pressure or seizures, please take it before 7 a.m. with a sip of water.
- Do not bring valuables or large sums of money with you. The hospital is not responsible for lost or stolen articles.
- Do not wear makeup or nail polish. You will be asked to remove contact lenses, dentures (a cup will be provided), watches, etc. It would be best if you could leave these items at home.

The Upper Endoscopy Procedure:

- The gastroenterologists take turns working in the endoscopy unit. The gastroenterologist who advised you in the clinic about the procedure will not necessarily do your procedure.
- You will have an intravenous (IV) started before your procedure.
- You will receive medication through the IV to help you relax, and it may make you drowsy. **This examination will not be done with sedation unless you have arranged for an adult to drive you home and stay with you.**
- A spray will be used to numb your throat and ease the passage of the tube. You will be able to breathe normally during the procedure.
- The tube will be inserted down your throat, and your stomach will be distended with air. You will be aware of fullness in the abdomen from the air that is inflated into your stomach through the instrument by your physician.

After The Procedure:

- You will probably feel sleepy for a while and will need to rest on your side until the effects of the medication have worn off.
- You may feel some fullness in your abdomen from the air that was used to inflate your stomach.
- You may feel some discomfort in your throat for a short while.
- Your blood pressure and pulse will be taken often.
- You will not be able to drive for 24 hours because of the effects of the sedation. **An adult must accompany you home in a car or taxi, stay with you, and check on your condition frequently for at least 12 hours to help you if there are any post-procedure problems.** They must pick you up