

GASTROSCOPY INSTRUCTIONS

PATIENT INFORMATION

PATIENT:

DATE OF BIRTH:

APPOINTMENT DATE & TIME

DATE:

TIME (Please arrive 1 hour early):

ENDOSCOPIST:

LOCATION

The GUT Centre – 181 Sterling Road, Suite 204, Toronto, Ontario.

- Enter through the revolving door on the north corner of the building (off Sterling Road)
- Proceed to the second floor
- Do not use the ground floor sliding doors — there is no access to the Endoscopy Clinic from that entrance

Appointment Confirmation

All appointments must be confirmed by phone or email: Booking@GUTcentre.ca

Confirmation must be completed at least 2 weeks prior, or your appointment may be cancelled without notice

Cancellation Fees:

Less than 2 weeks' notice: \$50

Less than 48 hours' notice: \$250

ARRIVING AT THE CENTRE

- Register at the front desk on the second floor
- Please bring your Ontario Health Card.
- Bring a list of your current medications or the medication containers.

LEAVING THE CENTRE

You must arrange for a responsible adult to escort you home from your procedure. A taxi or rideshare such as Uber or Lyft does not count as an escort unless a responsible adult accompanies you. You will be receiving sedation during the procedure and will not be able to drive or operate machinery for the rest of that day.

IF YOU DO NOT HAVE A RESPONSIBLE ADULT TO ACCOMPANY YOU HOME, SEDATION WILL NOT BE ADMINISTERED.

MEDICATION

- Bring a list of all your current medications, or the actual pill bottles, to your appointment.
- You should take ALL your usual morning medication with a sip of water.

If You Are on Any Blood Thinners

- If you have a history of a previous stroke or heart attack and are on ASA (Aspirin), you may remain on this for the procedure.
- **If you are on any other blood thinners, you MUST contact your GP or cardiologist** and ask them if it is safe for you to stop your blood thinner. If they agree, then:
 - If you are on Xarelto (Rivaroxaban), Pradaxa (Dabigatran), or Eliquis (Apixaban), please stop 3 days in advance.
 - If you are on Plavix (Clopidogrel) or Aggrenox, please stop 1 week in advance.
 - If you are on Warfarin (Coumadin), please stop 5 days in advance.

GLP-1 Receptor Agonists & Weight-Loss Medications

If you are on Ozempic, Wegovy, Rybelsus, Trulicity, Mounjaro, Zepbound, Saxenda, Victoza, Byetta, Bydureon, Adlyxin and similar medications, please hold one week before your procedure.

PREPARATION FOR GASTROSCOPY

Do not eat or drink anything for at least 8 hours before your procedure.

PLEASE READ THESE IMPORTANT POINTS

- 1) There's a small risk (about **1 in 5,000 patients**) that sedation could slow your heart or breathing. That's why we monitor you closely the entire time you're sedated.
- 2) You will receive conscious sedation, meaning you will be relaxed and drowsy. You might fall asleep, but that is not the aim of the sedation.

If you have any concerns about these risks, please speak to your referring physician or book a consultation with your physician in advance of your procedure.

PERSONAL BELONGINGS

Patients are strongly advised NOT to bring valuables such as jewelry, watches, or other personal items into the procedure and waiting areas.

The GUT Centre assumes no responsibility or liability for any personal items that are lost, misplaced, or stolen during care.