

**Marin Gastroenterology**  
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*Diplomates American Board of Gastroenterology*

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INSTRUCTIONS FOR OUT-PATIENT GASTROSCOPY AND/OR ESOPHAGOSCOPY, WITH OR WITHOUT BIOPSY AND DILATIONS.

Gastroscopy is a procedure to examine the upper digestive system (GI tract) with a long, flexible, lighted tube or scope. It allows biopsies to be performed and sometimes growths are removed using electric cautery and a wire loop or snare. Occasionally, therapy is applied to lesions in an attempt to obliterate them, also narrowed areas (strictures) may be dilated. Overall, gastroscopy is a safe procedure with a low incidence of complications. Serious complications such as bleeding, perforation, or anesthetic reactions are uncommon but can require hospitalization or surgery to correct. As with any test in medicine, gastroscopy is not perfect and there is a small risk of missing something (diagnostic error). Gastroscopy is, however, the best test to examine the upper GI tract, with fewer errors than x-rays (e.g. upper GI series). If you have any questions about this test, please contact your doctor.

1. Nothing to eat or drink after 11:00 pm the night before.
2. Report to:    ENDOSCOPY CENTER OF MARIN (1100 So. Eliseo Dr., Suite 3)  
                   SURGERY CENTER OF MARIN (Marin General Hospital)
3. Regarding your regular medications, be sure to discuss with your doctor whether or not to take these the morning of the examination.
4. Medications to avoid: Coumadin/warfarin for 5 days prior to the exam.
5. During the procedure, you will receive sedative medications. **It is neither safe nor legal for you to drive a car the rest of the day.** Please arrange for transportation home. Your driver may wait for the exam to be completed or may leave and return to pick you up when you are ready to depart. For your safety, a responsible adult should accompany you home whether you leave by car, taxi, or bus.
6. You will be able to return home approximately 30-60 minutes after the examination is completed. This means that your total time at the center will be approximately 2 hours from arrival time.
7. Approximately 15 minutes after the examination, you may drink liquids. Your normal diet may resume after 1 –2 hours. You should avoid alcohol or making any major decisions that day. You should be able to resume your normal activities the next day.
8. If you have an artificial heart valve or have ever had endocarditis (an infection on a heart valve), please discuss this with your doctor prior to the procedure.
9. Phlebitis (irritation of the vein) at your IV site can occur after the procedure. If this happens apply moist heat to the site. If pain does not resolve within 2 days, call our office for advice.
10. Contact our office if you experience any of the following within 24-48 hours following the procedure:  
    **1) Severe sore throat with or without pain on swallowing. 2) Severe abdominal or chest pain. 3) Vomiting or vomiting of black coffee-ground like material or blood. 4) Passage of a black or red blood stool.**

If biopsies are taken during your procedure the pathology results will be available within 7 days. If you do not receive your pathology results within 7 days please call our office.

**Please note, Marin Gastroenterology reserves the right to charge a fee if you cancel or reschedule within 5 working days or fail to keep your procedure appointment. No fee will be charged if the cancellation is for a medical reason.**