

# WELCOME TO



# Provis Rudd Clinics

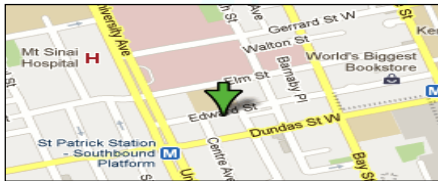
## INSTRUCTION MANUAL FOR YOUR GASTROSCOPY

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ TIME: \_\_\_\_\_

DOCTOR: \_\_\_\_\_

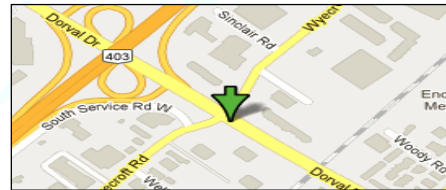
LOCATION: \_\_\_\_\_ SUITE #: \_\_\_\_\_

### LOCATIONS



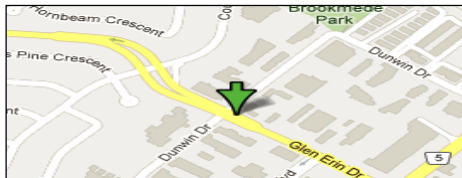
#### TORONTO CLINIC

123 Edward Street, Suite 825  
Toronto, Ontario M5G 1E2  
(near Dundas St. W. & University Ave)  
Tel: 416-597-0997 Fax: 416-597-2912  
Email: [toronto@ruddclinic.com](mailto:toronto@ruddclinic.com)



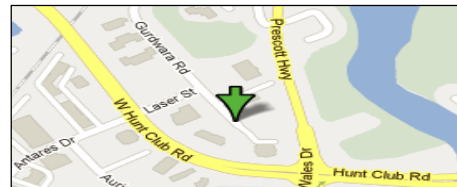
#### OAKVILLE CLINIC

710 Dorval Drive, Suite 202  
Oakville, Ontario L6K 3V7  
(South of QEW right turn on Wycroft Rd)  
Tel: 905-607-0022 Fax: 905-607-0013  
Email: [info@provisendoscopy.com](mailto:info@provisendoscopy.com)



#### MISSISSAUGA CLINIC

3095 Glen Erin Drive, Suite 7-10  
Mississauga, Ontario L5L 1J3  
(West of Erin Mills Pkwy & Dundas St W.)  
Tel: 905-607-0022 Fax: 905-607-0013  
Email: [info@provisendoscopy.com](mailto:info@provisendoscopy.com)



#### OTTAWA CLINIC

2 Gurdwara Road, Suite 100  
Nepean, Ontario K2E 1A2  
(Hunt Club Area, Nepean)  
Tel: 613-216-1823 Fax: 613-216-1824  
Email: [info@provisendoscopy.com](mailto:info@provisendoscopy.com)

## PLEASE REMEMBER TO:

⇒ Arrive 15 minutes before the appointment time

⇒ Bring your Ontario Health Insurance Card



⇒ Wear loose fitting clothes (no tight jeans or similar tight attire) – Bring an extra pair of loose fitted pants

⇒ Do not wear nail polish or hand cream

⇒ **IMPORTANT:** Arrange for someone to accompany you from the clinic as you will NOT be allowed to drive for 24 hours or take public transit alone following sedation. For safety reasons, the person will need to meet you inside the clinic. We will call a taxi for you and assist you downstairs, but you must be accompanied by a responsible adult.



⇒ If you do not speak or read English, you must bring a translator. 如果你不說話或讀英語 你必須帶翻譯。 , Si usted no habla o lee Inglés, usted debe traer un traductor.

## STEP BY STEP INSTRUCTIONS

Please read this entire information package NOW and READ AGAIN  
Seven (7) days prior to the appointment

### PREPARATION FOR UPPER ENDOSCOPY (GASTROSCOPY)

#### Day Before the Appointment

⇒ **STOP** eating all solid food and drinking fluids by Midnight (12:00AM) – until after the procedure is finished



No food  
or drink

- ⇒ Morning of the Appointment: Patients with Morning (AM) Medications may take them with a SMALL SIP of water
- ⇒ Diabetics: can take half (1/2) a dose of their regular insulin on the day of the appointment

#### After the Gastrosocopy

- ⇒ You will remain in the Recovery Room for close observation for 30 Minutes or longer
- ⇒ If your throat was sprayed with freezing, you will not be able to drink or eat for two (2) hours following the procedure. You will be given a time when to resume a normal diet before leaving the clinic

## PROCEDURES WITH SEDATION

⇒ You will NOT be allowed to drive for 24 hours following sedation



⇒ You will require to have someone to accompany you to and from the clinic after your procedure

⇒ If you use a TAXI, you must be accompanied by someone

**TAXI**

⇒ For safety reasons, the person will need to meet you inside the clinic as you

## CANCEL OR CHANGE APPOINTMENT

If you need to cancel or change the appointment, you must do one of the following:

⇒ Call the Clinic:

Toronto 416-597-0997

Oakville: 905-607-0022

Mississauga: 905-607-0022

Ottawa: 613-216-1823

⇒ Email the clinic: [www.ruddclinic.com/appointments.asp](http://www.ruddclinic.com/appointments.asp)

⇒ We require Three (3) Business Days' notice to cancel/change an appointment

## FREQUENTLY ASKED QUESTIONS

### Q: What can I expect during the procedure?

A: An endoscope is a long flexible tube with a camera on the tip which is thinner than most food you swallow. It is passed through the mouth and back of the throat into the upper digestive tract. It allows the physician to examine the lining of the esophagus, stomach and duodenum (the first section of the small intestine). The tube will not interfere with your breathing. The procedure usually takes fifteen (15) minutes from start to finish.

### Q: What are the risks and complications?

A: Gastrosopies are safe and associated with a very low risk when performed by trained and experienced physicians. Complications can occur but are rare. Bleeding may occur from the site of biopsy or polyp removal. It is usually minimal bleeding but can require a blood transfusion or surgery.

### Q: Is sedation available?

A: Yes sedation is available. The physician will advise you as to what type of sedation is recommended for your circumstances

## MEDICAL PRECAUTIONS

### 用药注意事项 Precauciones de Medicamentos

Please carefully read these instructions if you are taking any of the medications below

Aspirin, Bufferin, Novasen	<p><b><u>NOTE: Confirm with your family doctor prior to discontinuing this medication.</u></b></p> <p>Discontinue the medication seven (7) days prior to the procedure. You may restart the next day if no biopsy was done.</p>
Plavix (Clopidogrel)	<p><b><u>NOTE: Confirm with your family doctor prior to discontinuing this medication.</u></b></p> <p>Discontinue the medication seven (7) days prior to the procedure. You may restart the next day if no biopsy was done.</p>
Coumadin Warfarin	<p><b><u>NOTE: Confirm with your family doctor prior to discontinuing this medication.</u></b></p> <p>Discontinue the medication five (5) days prior to the procedure. You must have an INR test done before noon (12pm) the day before your procedure and have the results faxed to <b>905-607-0013</b> (Mississauga/Oakville) or <b>416-613-6044</b> (Toronto) or <b>613-216-1824</b> (Ottawa). If you have not received an INR requisition form, please contact us immediately so we can mail it to you. <b><u>We require INR results by 8:00am on the day of the procedure.</u></b></p>
Diabetic Medications	<p><b><u>Please ensure that your procedure is booked early in the day.</u></b></p> <p>Discontinue oral medications (pills) the evening before and the morning of the procedure. If you are on insulin, please discuss with your family doctor regarding cutting the morning dose of insulin in half. Diabetics can take a Vanilla-flavored liquid meal replacement during their preparation. Such as Ensure or Glucerna.</p>
Anti-Inflammatory (Aleve, Motrin, Advil)	<p>Discontinue one (1) day prior to the procedure. Celebrex and Vioxx are not to be discontinued prior to the procedure.</p>
Xarelto	<p>Discontinue medication three (3) days prior to procedure</p>

Medication for Pain or Headache	<p>Use plain Tylenol or prescribed medication for pain control.</p>
Antibiotics	<p>Antibiotics should be taken prior to the procedure if you have a history of endocarditis, artificial heart valves, or had a joint replacement in the last six (6) months. Obtain a prescription from your family doctor and fill it at the pharmacy. Oral antibiotics must be taken one (1) hour prior to the procedure. If the antibiotic is given intravenously, bring the antibiotic to the clinic and <b><u>advise us at the time of booking.</u></b></p>
Other Medications	<p>Medications for <b><u>blood pressure, thyroid and cholesterol</u></b> should be taken the morning of the procedure with sips of water.</p>