



Preparing for Your Endoscopy Procedure

This handout offers the information you need to prepare for an endoscopy procedure. Endoscopy procedures include: bronchoscopy and gastroscopy. Your surgeon will tell you what procedure you are having. A clerk will call you with the date and time of your appointment.

The day before your endoscopy procedure

- Do not eat or drink anything after midnight the day before your procedure. This includes water, gum and candy.
- Do not drink alcohol for 24 hours before your procedure.
- Do not smoke for 24 hours before your procedure.
- If you take medication to manage diabetes – do not take this medication after midnight the day before your procedure.

On the day of your endoscopy procedure

- Do not take any of your medications before your procedure unless you:
 - Take medications for your heart, blood pressure or seizures – take them at 6 am with a sip of water.
 - Use inhalers to manage breathing symptoms – use them if you need to.
- If you take a blood thinning medication
The name of your blood thinning medication
 - Stop your blood thinning medication: _____ days before your endoscopy procedure.
 - Restart your blood thinning medication on _____.
- Brush your teeth and use mouthwash before you come to the hospital.
- Bring your medications in their original bottles/containers with you to the hospital (this includes any inhalers you use).
- Bring your health card with you.
- When you arrive at the Lakeridge Health Oshawa site, go to the registration desk of the Outpatient Department. This is located on the second floor.
 - If you enter from the north entrance, take the escalator to the second floor. Turn right after you exit the escalator.
 - If you enter from the south entrance, take the A wing elevators to the second floor, turn right after you exit the elevator.

After your endoscopy procedure

- An adult must drive you home from the hospital and stay with you for 24 hours. Your procedure will be cancelled if you have not planned for this.

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