



## Dr. Patrick McCrea

M.D., M.A.Sc., F.R.C.S.C., General Surgeon

Boardwalk Professional Centre  
220 Water Street, Charlottetown, PE, C1A 9M5  
Email: info@drpatrickmccrea.com | Web: www.drpatrickmccrea.com  
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# Gastroscopy

**This is an instruction sheet for patients scheduled for gastroscopy. If you believe you are scheduled otherwise and received this form in error, please call the clinic.**

If this is your first visit with Dr. Patrick McCrea, please fill out the Health Questionnaire (attached), and return to the office. The clinic should receive by email (preferred), faxed, or mail at least 1 week in advance. Please watch instructional videos for your procedure on [www.drpatrickmccrea.com](http://www.drpatrickmccrea.com).

**Attention:** \_\_\_\_\_

**You are scheduled for an upcoming procedure with Dr. Patrick McCrea. You will need to register at the Admitting Department 90 minutes prior to your procedure.**

**Date:** \_\_\_\_\_ **Registration Time:** \_\_\_\_\_ **Procedure Time:** \_\_\_\_\_

**Location: Endoscopy Unit, Queen Elizabeth Hospital, 60 Riverside Drive, Charlottetown, PE.**

**You must call 902.368.7610 or email info@drpatrickmccrea.com to confirm appointment at least 7 days prior to scheduled procedure or your appointment will be cancelled. If you cancel later than this, it is difficult to find someone to take your place and you may be subject to a cancellation fee.**

You will be sedated, so please make arrangements to have a responsible adult take you to and from the GI Unit. This person should leave a phone number (for nursing to call) and be within 15 minutes of the hospital. If you do not have someone with you, your test will be cancelled. The gastroscopy will take approximately 20 minutes. You will need to stay at the hospital 30-60 minutes after it is over.

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## INSTRUCTIONS

**If your appointment is scheduled for before 12:00 PM:**

DO NOT have anything to eat or drink after midnight before your test.

**If your appointment is scheduled for after 12:00 PM:**

You may have liquids only for breakfast such as clear soup (broth only, no meat, noodles or vegetables); pulp free juices such as apple, grape, or cranberry juice; black tea or coffee; "JELL-O" flavoured gelatin. DO NOT have any dairy products such as butter, cheese, milk, or cream whatsoever. **Please drink this liquid before 8:00 AM and do not have anything to eat or drink until your examination is complete.**



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### MEDICATIONS/CONDITIONS:

If you are on chemotherapy, please advise Dr. McCrea's office as soon as possible as your gastroscopy may have to be deferred until chemotherapy is completed.

If you are taking blood thinning herbs or medications:

- Ticlid (ticlopidine): Contact our office as soon as possible.
- Pradax (dabigatran): Contact our office as soon as possible.
- Coumadin(Warfarin): Contact our office as soon as possible.
- Plavix (clopidogrel): Contact our office as soon as possible.
- Iron, vitamins, and/or herbal medications: Please discontinue 1 week prior to your appointment.

If you are diabetic, your blood sugar may be effected by the fluids regime; you should take  $\frac{1}{2}$  your normal AM insulin, do not take oral diabetic medications, and check your blood sugar. You should take your blood pressure medication as usual. Please take medications with only a sip of water that morning.

### POST GASTROSCOPY:

You must avoid travelling for 7 days post gastroscopy. You are free to eat anything you want afterwards unless you are told otherwise. You should ask Dr. McCrea when you can restart any blood thinning medications; you can resume taking all other medications as usual unless you are told otherwise. Go to the emergency department nearest to you and advise our office if you experience any of the following:

- Chills
- Fever
- Heavy bleeding
- Severe abdominal pain

Please refer to [www.drpatrickmccrea.com](http://www.drpatrickmccrea.com) for videos and more information about your procedure. If there are any questions or concerns regarding these instructions, please contact Lindsay Perry, Administrative Assistant, at Dr. McCrea's Office at [info@drpatrickmccrea.com](mailto:info@drpatrickmccrea.com) or at 902.368.7610.