



CLINIC

Internal medicine

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Preparation for a gastroscopy

Dear Patient,

You have been referred to us for a gastroscopy (examination of the stomach). Gastroscopy involves the use of a flexible tube with a camera at the end of it to examine the oesophagus (gullet), the stomach and the small intestine. At the same time tissue samples can be taken using a little pair of forceps.

Preparation:

The procedure can only take place when your stomach is empty. This means you should not eat or drink anything in the 6 hours before the examination. An exception to this is your medication: you are allowed to swallow the tablets you take every morning with a little water.

Procedure for examination:

You will be in the care of a member of the nursing staff, who will insert a thin plastic cannula in a vein in your forearm. The doctor will discuss the gastroscopy with you before the examination and answer any questions you have. To prevent gagging and ensure you experience as little discomfort as possible you will generally be given medication via the plastic cannula. This ensures you will remain asleep until the end of the examination. Afterwards you should not drive or perform any hazardous activities (e.g. work on scaffolding, with heavy machinery, etc.) on the day of the examination.

If you specifically wish, we can also carry out the procedure just using a throat spray. This helps to prevent gagging. You are awake during the examination. If you have to drive after the examination, this would be the only option for undergoing the procedure.

The examination itself only takes 10-15 min. The doctor will discuss the results with you immediately after the examination and answer any questions you have. Monitoring is rarely necessary, but may last up to an hour.

If you are concerned by any of the following points, please talk to your GP:

- Prevention of endocarditis (e.g. heart valve defect or artificial heart valve)
- Diabetes mellitus
- Thinning of the blood
- Aspirin or other rheumatism tablets should be stopped, where possible 7 days before the examination

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Please read the attached consent form through carefully. You can ask the doctor performing the examination any questions you might have before the procedure.

Should you still have questions or be unable to attend for the examination, please let us know as soon as possible by calling Tel. No. 081.851.85.82 (MUZ).

On the day of the examination _____, _____ please report to the main hospital entrance at _____ am / pm.

Regards,

Dr. med. M. Kubli