

# Gastroscopy

## Information for the Patient

**Gastroscopy is an examination of the upper gastrointestinal tract** (oesophagus, stomach, and duodenum). It is the best way to localise lesions in the mentioned section of the gastrointestinal tract, such as inflammatory lesions, polyps, ulcers or neoplastic lesions.

It is also **possible to collect specimens** for further analysis during the examination to deepen diagnostics.

**This examination may also be used for therapeutic purposes:** bleeding control, treatment of esophageal varices, removal of polyps.

### What are the indications for gastroscopy?

- Abdominal pain, dyspepsia, vomiting of unclear origin
- Symptoms of reflux disease, dysphagia
- Chest pain of unclear cause
- Chronic diarrhea
- Cirrhosis of the liver
- Weight loss
- Anemia, iron deficiency

### How to prepare for gastroscopy?

- Do not eat anything on the day of the examination.
- Do not drink anything for 2 hours before the examination, do not smoke or chew gum.

### What to bring with you?

- Results of previous diagnostic examinations and hospital discharge summaries (if related to the examination).
- If you use reading glasses, bring them with you.

### Medications

- On the day of the examination, take regular medicines with a little water.
- If you have diabetes, consult your physician who refers you for gastroscopy: inform about your condition when registering for the examination.
- If you are taking medicines that reduce blood clotting, discuss with the treating physician whether and when they should be stopped before the determined date of the examination.
- If you are taking acid-reducing agents (e.g.: Controloc, Emanera, Polprazol, Dexilant), temporarily discontinue them 14 days before gastroscopy.
- If you have been treated with an antibiotic within 30 days prior to gastroscopy, move the date of the examination (unless it is an emergency examination).
- Bring a list of your regular medications with you.

# Gastroscopy

## Information for the Patient

### How is the examination performed?

- Before the procedure, your throat is anesthetized with lidocaine, which alleviates the feelings of pain and reflex that might occur during the examination.
- The patient lies on the left side.
- Your physician or nurse will place the mouthpiece through which a flexible tubing with a camera and light will be introduced.
- The examination usually lasts between 5 and 7 minutes.
- After each examination, the endoscope is washed and disinfected.
- Specimens are taken with disposable tools.

### What to do after the examination?

- Do not eat or drink anything for about 0.5 to 2 hours after the end of the examination. You will receive detailed instructions from the examination staff.



- The determined time of the examination may be shifted.
- Prior to the examination, you will need to read and sign your consent for the procedure, so please arrive 30 minutes before the examination time.
- Additional fees may apply if anaesthesia, removal of lesions or collection of additional specimens are required.