

## INFORMATION FOR THE PATIENT – PREPARATION FOR GASTROSCOPY

### 1. GASTROSCOPY

Gastroscopy is an examination that allows the doctor to directly view the mucosa of the stomach, pylorus and duodenum. The test is carried out with an endoscope, an elastic tube with visual channels allowing to display the image from the inside of the digestive tract on the monitor. The advantage of the endoscope is that within a single treatment it is possible to assess the condition of the mucosa and collect a small segment of suspicious tissue for further examination.

The test may be performed under general anaesthesia. After administering intravenous sedation the patient will be asleep throughout the examination. As it is light anaesthesia, it does not require an endotracheal tube.

### 2. PREPARING FOR THE EXAMINATION

- You should not eat anything 8 hours before the test.
- You should not drink anything, smoke cigarettes or chew gum 4 hours before the test.
- Patients with diabetes should inform the hospital staff about this fact when registering for the test, as they should be tested in the morning.
- In patients at risk, including those with artificial heart valves, after endocarditis, with a vascular prosthesis or a significantly reduced number of white blood cells, it may be necessary to administer antibiotics immediately before the test. The decision whether and how the antibiotic should be administered is made by the physician in charge of the examination.
- Patients with conditions that require constant, regular medication (e.g. for hypertension, heart diseases, epilepsy and others) should take the morning dose with a small amount of water at least two hours before the examination (except for anticoagulants and diabetes medications).
- Do not take any antacids.
- Dentures should be removed before the test.

**If the gastroscopy is performed under general anaesthesia you should bring:**

- **The results of the following tests: Complete blood count; APTT; PT/ INR; electrolytes (Na, K); creatinine; anti-HCV antibody; HBsAg.**
- the medical records that you have (X-ray pictures, ultrasound examinations, CT, descriptions of previous endoscopic examinations, results of other tests and hospital discharge summaries) from the last 5 years.
- medical certificates confirming lack of contraindications for gastroscopy under general anaesthesia (e.g. from a cardiologist, internist, endocrinologist, neurologist, pulmonologist). It is possible to consult an internist at our Hospital before a gastroscopy under general anaesthesia.

### 3. PROCEDURE

Before inserting the endoscope, the doctor or nurse will anaesthetise the throat by using an appropriate anaesthetic spray. Focusing on calm, deep breathing will help you alleviate the unpleasant symptoms during the examination. Proper breathing rhythm makes the test easier to bear for the patient and allows the doctor to examine the digestive tract more accurately.

### 4. FOLLOW-UP PROCEDURE

- Do not eat, drink or smoke for two hours after the test.
- After the procedure, you may feel that your gastrointestinal tract is overfilled with inflated gases (flatulence). Do not worry, this is a normal symptom that will disappear on its own.
- If the gastroscopy is performed under general anaesthesia, it is recommended that the patient be observed for about 2 hours after the examination.
- If the test is performed under general anaesthesia **you must not: drive a car**, operate machinery and mechanical equipment or consume alcohol within 12 hours after the test; you should also avoid signing important documents during this period. You should ask an accompanying person to collect you from the hospital.