

Preparation for gastroscopy examination

Dear Patient,

This examination involves carefully inserting a flexible tube which allows for viewing into the body (endoscope) into your mouth while you are asleep. It is passed down your oesophagus, passing through your stomach, and into the duodenum. The examination takes around 5-10 minutes and is carried out whilst you are under short-term general anaesthesia. In order to ensure for optimal visibility inside the body, the upper section of the digestive tract must be completely empty.

To achieve this, we would like to ask you to carry out preparations following the corresponding plan:

Is your appointment due before 12:00 midday? Then please follow the preparation plan below:
From midnight onwards, you must not eat any solid foods until the examination has been completed. Clear drinks (= still mineral water/tea without milk, you can add sugar/ broths) may be drunk in small quantities up to two hours before the examination.

Is your appointment due after 12:00 midday? Then please follow the preparation plan below:
You can still have a light breakfast before the examination (e.g. yoghurt and white bread). From 6 hours before the examination, you should no longer eat any solid foods. Clear drinks (= still mineral water/tea without milk, you can add sugar/ broths) may be drunk in small quantities up to two hours before the examination.

Why is the correct preparation for the examination important?

If you do not follow the preparation plan as described above, the examination cannot be carried out as you would be put at risk by the food remaining in the stomach whilst under anaesthesia (due to risk of aspiration). Even in cases of inadequate preparation for the examination, any costs must be paid in full.

Taking of medications:

You can take any medications prescribed to you up to a maximum of two hours before the examination time.

Important exceptions:

Any blood-thinning medications#: **Xarelto:** Stop 48 hours before procedure

Clopidogrel/ Plavix/Marcoumar/Sintrom: Stop 10 days before procedure

Aspirin Cardio 100 mg: Can be taken as normal

#Please always consult with your doctor regarding these.

Iron preparations:

Stop 24 hours before procedure

Blood-sugar medications:

Metformin / Glucophage: Stop 24 hours before procedure

Insulin: Do not take on the morning of the examination. Take regular measurements of your blood sugar during the preparations steps.



**Gastroenterologische Gruppenpraxis
EndoskopieZentrum Bern**

After the examination:

Due to the effects of the short-term anaesthesia, you should not drive a car or motorbike, nor should you operate heavy machinery, for the rest of the day. We recommend that you organise for someone to accompany you on the day. Otherwise, you can carry on your routine as normal, including normal eating and drinking.

Do you have any questions?

If you have any further questions regarding the examination, then please contact our clinic directly.

Your appointment is on the(date) at(time),

- at the clinic on Bubenbergplatz 11 (directly next to the Bastelzentrum, on the 3rd floor)
- in the Klinik Beau-Site [Beau-Site Clinic], Schänzlihalde 11, 3013 Bern, T 031 335 33 33
- In the Salem-Spital [Salem Hospital], Schänzlistr. 39, 3013 Bern, T 031 337 60 00

Please bring your medical insurance documents/card with you, along with any lists of medications you are taking, allergy record cards, blood-thinner record cards, etc. Please make time for a 2-3 hour stay with us at the clinic. If you have an appointment in the hospital, then please leave sufficient extra time, as there may be longer wait times (unfortunately, no firm appointment times can be set).

We look forward to seeing you soon,

You GGP Team