



# Gastroscopy

A gastroscopy is advisable if you are experiencing heart-burn, general pain in the stomach area and upper abdomen, difficulty swallowing or the feeling that a foreign body is present, or you suffer from anaemia or have an iron deficiency, among other things. Equally, the procedure can clear up any suspicions of a stomach or duodenal ulcer. If there is a history of health problems (e.g. cancer) in the family, it is recommended to undergo a preventative examination. During a gastroscopy, the mucous membrane of the oesophagus, stomach and duodenum is examined precisely using a gastroscope. If necessary, mucous membrane samples can be painlessly removed from the relevant areas. Polyps that have formed can also be painlessly removed. All samples are subsequently sent to a specialist laboratory for further analysis.

## Preparing for the gastroscopy

You may eat something light – that means no foods that are difficult to digest or high in fat – up until six hours before the procedure. You may also drink tea or water up until three hours before the procedure. Do not smoke, take gastric acid-binding medication or chew gum on the day of the procedure.

## The gastroscopy procedure

On the day of the procedure, we will be expecting you at our practice at the agreed time. We plan our procedures in a way that minimises waiting times for you. In a discussion beforehand, the doctor will comprehensively go over

your complaint with you and address any questions or concerns you may have. In order to make the procedure as comfortable as possible, you will receive some medication to help you relax (short-acting sedative), which prevents you from feeling any pain and guarantees the smooth running of the procedure. The procedure itself lasts only around 15 minutes. It will be followed by another discussion with the doctor, who will explain the findings to you and answer any questions you may have.

### After the procedure

Please do not drive yourself to the appointment, as the medication we administer will impair your ability to drive; have someone drive you instead. You may eat and drink normally again directly after the procedure, unless otherwise instructed by your doctor.

You will be informed of the results of the procedure immediately afterwards. In most cases, tissue samples are removed during the procedure, and these are sent to the lab for analysis; it takes two to three days for the results of the analysis to come back. If they reveal any abnormalities, we will let you know. A report is sent to the general practitioner of every patient we treat.

