



„MedicKral s.r.o.l – Your path to healthy intestines, balanced weight, and a better quality of life“.

Gastroscopy Examination – Instructions

Before the Examination:

- Are you taking blood-thinning medication? Discuss this with your general practitioner, as it may be necessary to temporarily discontinue the medication before the procedure.
- Bring the referral from the doctor who prescribed the gastroscopy to the examination.

On the Day of the Examination:

- **Food and Drink:** Do not eat or drink anything after midnight. If you take medication in the morning, swallow it with water no later than 2 hours before the procedure.

During the Examination:

- Gastroscopy is performed while lying on your left side in an endoscopy room.
- The doctor will first numb your throat with a spray. If desired, a sedative can be administered to reduce discomfort.
- A mouthpiece will be placed in your mouth, and the doctor will insert a thin, flexible instrument (gastroscope) through your mouth and esophagus into your stomach and duodenum. If preferred, a gentler method, where the gastroscope is inserted through the nose, can be used.
- The doctor observes the camera's feed on a monitor and can perform minor treatments during the procedure.
- During the examination, it is important to breathe regularly through your nose and avoid swallowing saliva. The procedure typically lasts 5–10 minutes.

After the Examination:

- If you received sedatives, you will rest in a recovery room for approximately 30 minutes. These medications impair your ability to drive, so arrange for transportation home and rest for the remainder of the day. Avoid activities requiring focus.
- Upon departure, you will receive a report of the examination, which should be forwarded to the referring doctor.
- If tissue samples were collected for histology, results will be available at the reception in three weeks. Ensure these results are also provided to your doctor.