

## Patient instructions preparing for a gastroscopy

Gastroscopy means the examination of the esophagus, stomach and small intestine with a flexible endoscope. The examination is performed with the patient lying on their left side. The examination takes around 10 minutes. During the endoscopy, mucous membrane samples are taken; taking the samples is painless.

### Preparing for the examination

Do not eat for **at least 6 hours** or **drink for 2 hours** before the examination.

### After the endoscopy

Do not eat or drink anything hot for two hours.

### Medication Instructions

#### Blood Thinners (Anticoagulants / Antiplatelet Medications)

- If you have not received instructions about stopping your medication, please call the unit that sent your appointment letter **no later than one week before the procedure**.
- Blood thinners include, for example: **Marevan<sup>®</sup>, Plavix<sup>®</sup>, Eliquis<sup>®</sup>, Clopidogrel<sup>®</sup>, Xarelto<sup>®</sup>, Pradaxa<sup>®</sup>, Klexane<sup>®</sup>, Inhixa<sup>®</sup>, Brilique<sup>®</sup>, Lixiana<sup>®</sup>**.  
Please ask for instructions about continuing these medications after the endoscopy.

#### Diabetes Medication

- Do **not** take your diabetes tablets on the evening before the endoscopy or on the morning of the procedure.
- If you use insulin, contact your diabetes nurse or doctor regarding a possible reduction of your insulin dose. Long-acting insulin may need to be reduced slightly, for example by **10–20%**.
- During bowel preparation, the fluids you drink should also contain **carbohydrates** (e.g. sugary juice), **not only water**.

#### Iron Supplements

Iron supplements must be stopped **one week before the procedure**, as they can discolor the bowel mucosa and interfere with the examination.