



Gastroscopy: how to be prepared

A correct preparation for the gastroscopy is an essential condition in order to obtain quality results.

We ask you to respect the following directions.

ON THE DAY OF THE EXAM

- **If the exam is scheduled in the morning**, you are not allowed to eat from midnight.

- **If the exam is scheduled in the afternoon**, you can have a light breakfast and then fast until the end of the exam.

You can drink water and light coloured liquids (tea, chamomile) until two hours before the exam.

RECOMMENDATIONS AND ADDITIONAL INFORMATION

- A. If you are pregnant, call the gastroenterologist that will perform your exam
- B. If your weight is beyond 100 kg or you suffer from nocturnal apnea or you are following a home-treatment oxygen therapy call the gastroenterologist that will perform your exam
- C. If you are taking any medicine, on the day of the exam, one hour after taking the solution, you can take also your therapy (ex. anti-hypertensive, cardiological). Do not take any anti-acid syrup
- D. If you are taking anticoagulant drugs, antiplatelet, insulin or diabetes therapies, contact your general doctor at least seven days before the exam to receive instructions about the interruption of the therapy.
- E. Remember to take with you:
 - the medical referral (impegnativa)
 - medical reports of previous gastroscopies or specialistic visits connected to the gastroscopy you are about to do.
 - the list of medicines you are taking
- F. for any doubts or information, you can contact the Digestive Endoscopy Department where you will do the exam.

ATTENTION! Usually the gastroscopy is performed with a previous sedation of the patient so it's necessary to be accompanied by an adult able to drive.