



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:

- **to perform the test you must be fasting from solid food for at least 6 hours**
- at the last meal before fasting you should eat only light foods
- you can drink water and clear liquids (tea, camomile tea) up to 2 hours before the exam.

RECOMMENDATIONS AND ADDITIONAL INFORMATION

- If you are pregnant, call the gastroenterologist that will perform your exam
- 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
- if you are allergic to latex or suspect you may be allergic, contact the facility where your exam has to be performed to talk to the health personnel
- 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
- 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.
- 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
- 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.

To contact the facility where you must perform the test, consult the contact details on www.ausl.mo.it/endoscopy or scan the QR-Code on the side with your mobile phone

