
Gastroscopy: how to be prepared

A correct preparation for the gastroscopy is an essential condition in order to get a complete exam. We ask you to respect the following instructions:

- **to perform the test you must be fasting from solid food for at least 12 hours**
- at the last meal before fasting you should eat only light foods
- you can drink water and clear liquids (tea, chamomile) up to 2 hours before the exam.

RECOMMENDATIONS AND ADDITIONAL INFORMATION

- A. **Immediately after booking**, contact the facility where your exam has to be performed to talk to the health personnel if:
- you are pregnant
 - your weight is beyond 100 kg or you suffer from nocturnal apnea or you are following a home-treatment oxygen therapy
 - you are allergic to latex or suspect you may be allergic
- B. **At least 7 days before the exam**, contact your general doctor if you are taking anticoagulant drugs, antiplatelet, insulin or diabetes therapies. The doctor will give you instructions about the interruption or the management of the therapy
- C. Furthermore:
- if you are taking any medicine, on the day of the exam you can take also your therapy (ex. anti-hypertensive, cardiological). Do not take any anti-acid syrup
 - remember to take with you:
 - the medical request (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/endoscopia or scan the QR-Code on the side with your mobile phone

