



## **MEDICAL INFORMATION ABOUT DIAGNOSTIC GASTROSCOPY BEFORE EXAMINATION**

Dear Sir or Madam,

Gastroscopy is a visual exploration aiming at detecting injuries in the oesophagus, stomach or duodenum. It is quite useful for your doctor as it allows him to determine the origin of your symptoms.

We ask you to read this document very carefully in order for you to be informed about this medical intervention. Your doctor is at your disposal to provide you with any further details you may require.

### **WHY CHOOSE GASTROSCOPY?**

It is currently the reference examination in oesophagus, stomach and duodenum exploration. It allows us to detect possible injuries and perform biopsy, i.e. taking a tissue sample for microscope examination.

### **HOW TO GET PREPARED FOR GASTROSCOPY?**

You must go on a strict fast (no eating, no drinking and no smoking) for 6 hours before the examination.

### **HOW IS GASTROSCOPY PERFORMED?**

In some cases, local anaesthesia may be performed before the examination. Then, a flexible device called an endoscope is introduced into the body through your mouth or your nose. You usually lie on your left side meanwhile. This examination is not painful and breathing is not made any less comfortable, as the endoscope does not go into your lungs. However, regular breathing is more than advised during the examination to prevent any possible feelings of sickness. Besides, you must avoid swallowing your saliva and let it flow out on a protected surface. During the examination, air is insufflated into your body to distend your oesophagus, stomach or duodenum, which might cause some belching afterwards. Samples might be taken if your doctor thinks it necessary. General anaesthesia may be scheduled in order to improve examination tolerability. The anaesthetist-resuscitator will answer your questions concerning his specialty.

According to the current rules, the endoscope is disinfected after each patient, and the devices are sterilized or thrown away if single-use such as biopsy forceps. These procedures are indispensable to prevent any possible infections.

### **WHAT COMPLICATIONS MAY ARISE DURING THE EXAMINATION?**

Each medical or surgical intervention, exploration or examination in the human body presents risks, even when proficiency and security conditions are met, consistently with the current rules and scientific knowledge.

Complications due to gastroscopy are exceptional. They may be perforations, haemorrhages, respiratory and cardiovascular disorders, or infections. Hospitalisation may therefore be required. These complications may also be increased by your medical and surgical history or some of the drugs you may take.

All these complications usually arise during endoscopy, but they can also appear a few days after the examination and trigger abdominal or chest pains, red or black blood vomiting, coughing, fever, shivers, etc.

If these complications arise, you must immediately call your practitioner and/or anaesthetist at:



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Should it be impossible to do so, you must absolutely contact your referring doctor as soon as possible.

