

Gastroskopi



Important!

Please read the information about how to prepare for the examination carefully.



Lovisenberg Diakonale Sykehus

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What is gastroscopy?

Gastroscopy is an examination of the esophagus, stomach and upper intestine using a flexible tube, which is passed through the mouth. The examination can reveal any changes in the mucous membrane, diseases can be treated, and tissue samples can be taken.

Coeliac disease?

If the examination is done as a part of coeliac disease diagnosis, you should eat normal food with gluten for at least six weeks prior to the examination to ensure that a reaction to gluten will be visible. If the examination is done as part of the one year checkup after diet modification treatment for coeliac disease you should keep to a gluten free diet prior to the examination. If in doubt, please contact us.

Preparations for the examination

You must fast for the last six hours before the examination. This means that you should not eat anything for these six hours. You may drink one glass of water up to two hours before the examination if thirsty.

Medications and other health conditions

You must inform us of any medications you have a history of adverse reactions to, any heart conditions you may have - such as angina (angina pectoris), and any hematological issues (such as bleeding easily). This may affect how the procedure should be conducted.

Medications that may affect bleeding time:

- If you use **Albyl-E**, you may continue taking this up until the day of the examination unless told otherwise.
- If you use **Plavix, Brilique or Efiend**, please contact us prior to the examination.
- If you use **Xarelto, Eliquis or Pradaxa** you should stop taking it two days prior to the examination.
- If you use **Marevan**, you should stop taking it three days before the examination. You must also have your INR level checked at our laboratory prior to the examination. You must therefore arrive minimum one hour before your appointed time and contact the reception desk at Medisinsk poliklinikk (our medical outpatient clinic) so that this can be arranged.

- If you have previously had surgery to have a mechanical heart valve inserted, you must contact Medisinsk poliklinikk in advance so that a change in medication from Marevan to Fragmin can be arranged.

Medications that affect stomach acid levels:

You must stop taking medications such as Omeprazol, Esomeprazol, Losec, Nexium, Pantoprazol, Somac, Lanzoprazol or Lanzo **seven days before the examination unless notified otherwise**. You must stop taking other acid-reducing medications such as Tagamet, Pepcid and Zantac (known as H2-blockers) **two days before the examination**.

The examination

The procedure is normally completed in five to ten minutes. The physician will decide if intravenous sedatives are needed.

After the examination

If you have received sedatives, you must rest at the clinic for one to two hours after the examination. You may not drive motorized vehicles for the rest of the day. If a topical anesthetic was applied to your pharynx only, you may leave shortly after the examination.

You must not eat or drink for an hour after the examination in order to avoid material entering the airways.

The referring doctor will be notified of the results of the examination after the appointment. If tissue samples were taken, the referring doctor will be notified of the test results after 4-8 weeks.

You can request a written statement confirming that you have been to this examination. However, a sick leave form (sykemelding) will not be issued by our staff.

Complications?

Complications after this procedure are rare. Should you fall ill after returning home, please contact your local doctor (fastlege), or the hospital reception desk (tel. 23 22 50 00) and ask for the physician on duty at the medical clinic (vakthavende lege, medisinsk klinikk).