



When should
gastroscopy be
performed?
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and find out!

INFORMATION ON PREPARATION FOR GASTROSCOPY

The examination can be performed if there is no food content in the upper gastrointestinal tract. It is important to prepare well for gastroscopy, as inadequate preparation results in the need to repeat the examination.

Read the information below and contact us if you have any questions: in person, by telephone (+48 12 204 10 10) or by email (barska@medicina.pl).

Gastroscopy must be performed with an empty stomach.

The patient must not eat anything for **at least 8 hours before** the examination and must not drink anything for **at least 4 hours before** the examination. Smoking cigarettes, chewing gum or sucking candy are also not allowed during this time.

If the examination is scheduled in the morning or around noon, a light supper, preferably in semi-liquid form, may be consumed **in the evening before** the examination. The patient is not allowed to eat or drink anything **in the morning**.

For gastroscopy performed in the afternoon, a light breakfast, preferably in semi-liquid form (e.g. natural yoghurt), can be eaten **on the day** of the examination, and no food or drink can be consumed for **8 hours before** the examination.

Medicines taken regularly can be taken on that day with a little water, but never immediately before the examination.

Individuals taking blood-thinning medication should consult their doctor, as the medication may need to be temporarily changed or discontinued prior to the examination.

The patient should come for the examination with a current Hbs result (or confirmation of hepatitis-B vaccination), an identity card and current documentation.

The examination is routinely performed under local anaesthesia. The patient should report to the Registration Desk 15 minutes before the examination and sign the relevant documents.

Patients who are to have the examination performed under general anaesthesia should report to the Admission Room (ground floor, room 4A) at least 30 minutes in advance.

ADDITIONAL REQUIREMENTS FOR EXAMINATIONS UNDER GENERAL ANAESTHESIA:

- do not eat or drink for at least 6 - 8 hours before the anaesthesia is administered;
- patients undergoing anaesthesia must have up-to-date (valid for 2 weeks) blood test results: **sodium, potassium and ECG** (these tests are performed at the local facility; Mon. - Fri. 8:00 a.m. - 11:00 a.m. and Sat. 8:00 a.m. - 10:00 a.m.);
- a certificate from the family doctor/internist about the general state of health, chronic illnesses and medication regularly is required;
- if the patient is undergoing treatment at a specialist clinic (cardiology, endocrinology or other), **a certificate from the relevant specialist** is also required;
- bring all previous medical records;
- patients are discharged after examinations under general anaesthesia **only under the care** of an accompanying person;
- if the examination is to be performed under contract with the National Health Fund, it is necessary to have a referral to **the Hospital's General Surgery Department**.

If you have any questions or concerns, please contact the Registration Desk in person, by telephone (+48 12 204 10 10) or by email (barska@medicina.pl).

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