

Gastroscopy

You are scheduled to undergo a gastroscopy.

The examination is done to investigate diseases and functional problems in the gullet (oesophagus), the stomach and the duodenum.

The doctor performs the examination with the aid of a flexible endoscope.

The endoscope is inserted into your stomach and further into the duodenum through your mouth or nose.

The examination may cause your stomach to feel full.

However, you will be able to breathe normally throughout the procedure.

During a gastroscopy, the doctor looks at the mucosa in your stomach and takes biopsies, if necessary.

The taking of biopsies does not cause any pain.

The examination usually takes about 15 minutes.

Please note

Call the Endoscopy Unit no later than a week before your scheduled gastroscopy, if:

- you are using anticoagulants (blood thinners) and you have not been given instructions on dosing on the days before the examination.

Anticoagulants include medications, such as Marevan®, Pradaxa® or Plavix®.

- If you have diabetes that is treated with insulin.

You can take your regular medications as normal with water.

Take your medications at least 2 hours before the gastroscopy.

Preparing for the gastroscopy

Do not eat anything for at least 6 hours before the gastroscopy.

You may drink a glass of water or yellow juice.

Do not drink anything else for two hours before the gastroscopy.

Remove any piercings from your mouth or lip area before the examination.

Do not drink alcohol on the day of your gastroscopy.

After the gastroscopy

If your throat was anaesthetised for the gastroscopy, eating is allowed one hour after the procedure.

There is generally no need to stay in for observation after the gastroscopy, so you may resume your normal daily schedule.

Contact information

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Monday–Friday, 8 am–3 pm

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