

Dear Patient,

Thank you for scheduling an appointment for a gastroscopy or colonoscopy at our office.

After carrying out the measures on the information sheet, you will be optimally prepared for your procedure.

In the spirit of transparency, we can provide you with some guidelines:

1. What you need for the exam

Gastroscopy: - Preparation according to the information sheet
- Consent form (completed and signed)
- Your stomach must be empty

Colonoscopy: - Preparation according to information sheet
- Consent form (completed and signed)
- a medium or large towel
- Xylocain gel (by prescription, available in all pharmacies)
- Your stomach must be empty

2. Consent form

Please read and answer the questions on the consent form before the examination, and sign the form on the back (bottom right).

3. Appointment

Please arrive for your appointment about 15 minutes early. Please register first at the first floor reception desk. You will be brought to the second floor (examination rooms) as soon as possible. Further preparation will be required once in the exam room. If you arrive late, not only will you delay the start of your own appointment, but also the beginning of all appointments after yours.

4. Preparation for examination

Before each gastroscopy you will be given a small cup of liquid to drink. This fluid allows the stomach to be easily examined during the examination.

In addition, a (bitter-tasting) local anesthetic is sprayed into the posterior pharynx before the examination. Before a colonoscopy you will be asked to disrobe the lower half of your body. You will receive pants to wear during your examination. These pants have an opening at the back.

Gastroscopy is unpleasant but not painful. However, you may receive a sedative upon request. A colonoscopy does not only take longer than a gastroscopy, but it can also be somewhat painful (especially under difficult anatomical conditions). In many cases sedation is quite sensible.

5. Sedation

CAUTION:

- If you decide to receive sedation, you may not take any other sedatives before the procedure.
- Before sedation, a venous cannula (Venflon) must be placed in a vein.
- In the best interest of your health, sedation is only maintained as long as absolutely necessary. For example, you will not be conscious while the device is inserted (the phase in which pain can occur) during your colonoscopy. Once the device is withdrawn, there is no more pain to be expected. Sedation is no longer maintained during this phase. It may be that you experience part of the procedure. The same can apply to the last moments of a gastroscopy.
- Shortly after a sedation, you will feel quite normal in most cases - but you may not drive for insurance reasons.

Additional information regarding sedation will be addressed during your preliminary consultation at our practice.

6. After the examination

- You will get a report after the examination and will be informed by the attending physician about the initial results.
- If you have not received any sedation, you can go home (or drive) as soon as you get the result.
- After a colonoscopy, you can eat or drink.
- After gastroscopy, the local anesthesia has to wear off (usually after about 60 minutes) because it also affects the swallowing reflex. This allows liquid or food to enter the trachea (instead of into the esophagus), which can lead to dangerous complications.

7. Wait times

Please allow sufficient time on the day of your examination. You have received a specific appointment, but there may still be delays. The causes can be varied and unpredictable: patients may appear too late, examinations can be complicated and thus take longer than planned, etc. In each case, the program is delayed by the respective time factor. We want to give you (as well as every other patient) the time needed for an optimal assessment and the best possible care, and therefore ask for your understanding in this matter.

8. Further questions or information

Should you have any further questions, please contact us by phone during office hours.

Endoscopy Center Hotline: 01 367 13 98