

## Patient's consent to perform gastroscopy

Dear patient,

We request your consent to perform a gastroscopy to further examine your health.

### General information

A gastroscopy is an investigation of the upper part of the gastrointestinal tract, during which the doctor gets an overview of the status of the oesophagus, stomach and duodenum. During a gastroscopy an elastic instrument – a gastroscope – is introduced into the stomach through the mouth. The investigation lasts for about 10 minutes and may be longer if a biopsy is taken or therapeutic procedures are performed.

### The investigation makes it possible

- to determine the causes of your complaints (upper abdominal pain, nausea, vomiting, swallowing disorders);
- to discover pathological changes in the oesophagus, stomach and duodenum (haemorrhaging, ulcer, tumours);
- to take sample pieces (biopsies) for diagnosis elaboration.

### Preparation for investigation

- Eating or drinking is not allowed for at least 12 hours before the investigation.
- Remove glasses and dentures before the investigation.
- Inform the doctor before the investigation if you use blood-thinning agents.
- If therapeutic procedures are performed, it is recommended that you come to the investigation with a companion, who sees that you will get home safely after the investigation.

### Performance of investigation

- You may be offered a local anaesthetic or painkiller that makes your mouth and throat numb; before its use the presence of allergies is checked.
- During the investigation you will lie on your left side, try to lie quietly and relax completely.
- A plastic mouthpiece will be placed between your teeth/gums to protect the endoscope.
- The investigation is not painful, but is uncomfortable due to the developing vomiting reflex and cough reflex.
- You should not try to swallow the forming saliva but let it flow out of the mouth.
- Air is introduced into the stomach with the endoscope so the stomach will stretch and the doctor can see its mucosa. The air in the stomach causes the feeling of a full stomach and after the investigation the air may exit through the mouth.

### After the investigation

- You should not eat or drink for about 30 minutes after using a local anaesthetic.
- Avoid hot foods and drinks after biopsies are taken because of the risk of bleeding.
- If you were administered a sedative during the therapeutic procedure, you should not drive a car on the same day, as the medicine will increase your reaction time.

### Complications

- Complications occur rarely during gastroscopy. Haemorrhaging can occur while samples are being taken.
- Also perforation of the oesophageal or stomach wall may occur – this occurs rarely but requires surgical treatment.
- If you have a fever, severe abdominal pain or haemorrhaging after the investigation, contact your attending doctor immediately or go to the emergency medicine department.

**I hereby confirm that I have read and completely understand the information provided in this document. I am aware of the nature of the investigation and its potential dangers.**

**Before giving my consent, I have received satisfying answers to my questions about the risks and complications accompanying this investigation.**

If you cannot come to the investigation at the scheduled time, inform your attending doctor as soon as possible.

\_\_\_\_\_ (name and signature of the patient or his/her representative) \_\_\_\_\_ (date, time)