

GASTROSCOPY

The purpose of the gastroscopy is to investigate the causes of stomach disorders.

The gastroscopy will be performed using a flexible endoscope, which will be inserted through the mouth into the stomach and the duodenum. If required, the patient's throat can be numbed using a local anaesthetic. The areas examined are usually biopsied. The biopsies will be painless.

The gastroscopy will take 10 to 15 minutes.

If you cannot attend the procedure, please cancel the appointment at least one week before the examination.

Before the procedure:

- Insulin-dependent diabetes: Please contact a diabetes nurse, if necessary.
- If you are on blood thinners, such as Marevan, Plavix, Pradaxa, Klexane, Fragmin, please contact the endoscopy unit or follow these instructions:

Stop taking the medication _____ INR _____ or according to separate instructions.

Preparing for the procedure:

- **Do not eat anything after midnight the night before the procedure or drink anything for 4 hours before the procedure.**
- If your procedure is after 12:00, you may have a **liquid** breakfast (such as gruel, drinkable yoghurt, berry sauce) **no later than 6 hours** before the procedure.
- You may take your regular medication normally, with a small amount of water, **up until 4 hours before the procedure** (no diabetes medication).

You will hear the results of the procedure in 5 to 6 weeks from the physician who referred you for it, unless otherwise agreed.

Herttoniemi Service Unit

Siilikuja 3
00800 Helsinki
09 310 47692
Mon–Thu 8–14
Fri 8–13

Malmi Service Point

Talvelantie 6, Malmi Hospital
00700 Helsinki
09 310 47692
Mon–Thu 8–14
Fri 8–13