

Patient information

Gastroscopy (Endoscopy)

Gastroscopy

Gastroscopy is an examination where an endoscope is used to inspect the stomach and upper part of the gastrointestinal tract.

Before the examination

You **must fast for at least six hours** prior to the examination. You may drink a small amount of water up to two hours before the procedure.

Note: Sedatives may be administered during the examination. Afterward, refrain from driving or operating machinery due to impaired driving ability for the **next 24 hours**.

If you're on medication

- Discontinue Omeprazole for at least 5 days.
 - If you're taking blood-thinning medication, please consult your treating physician for alternative treatment or pause until after the examination.
 - For insulin-treated diabetes, contact your doctor at the health center for guidance on adjusting your insulin dosage before the examination.
 - Stop taking iron tablets for at least 3 days prior to the examination.
 - Other medications are fine to take as usual up to two hours before the examination.

How the examination is performed

Before the examination, you will receive a numbing spray in your throat and may also be given sedatives. The doctor then carefully guides a flexible tube through the esophagus to the stomach and upper part of the small intestine. The examination typically lasts **about 10 minutes**, and you will receive the results immediately afterward. Occasionally, tissue samples (biopsies) are taken to establish an accurate diagnosis.

After the examination

Following gastroscopy, refrain from eating and drinking until the throat numbness has subsided. Biopsy results are available after **6–8 weeks**, and please note that samples may be retained for healthcare or research purposes. *If you do not consent to this, please inform us.*

Please remember to bring valid identification to your appointment.

Best regards

Scandinavian Gastro Clinic

*Cancellation or rescheduling must occur at least 24 hours before the appointment to avoid charges for missed appointments. If you need to cancel your appointment or have any questions, please feel free to call us at **010 55 19 230**. You can also reach us via our messaging platform Vårdrummet (on our website) or email at: info@gastroclinic.se*