

AFTER THE INTERVENTION

Before you leave the department, the doctor will briefly discuss the **examination results** with you and give you the findings directly. If tissue samples were taken, your attending physician will receive the results ten to fourteen days after the examination.

After the examination, you will remain in our separate recovery room for a while until you are fully awake and can be discharged. However, your reactions will remain impaired for a longer period of time. Therefore, you must not drive a car, operate machinery or drink alcohol for **12 to 24 hours**.

You should also arrange for someone to accompany you to ensure that you get home safely. About **30 minutes** after the gastroscopy, the anaesthetic spray will wear off and you will be able to eat and drink again. Upon request, you will receive the results of your examination and a certificate of incapacity for work when you leave the department at the reception desk.



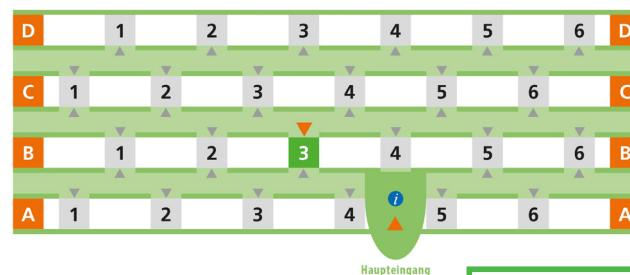
Kontakt

Clinic for Gastroenterology, Metabolic Diseases and Internal Intensive Care Medicine (Medical Clinic III)
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Clinic for General, Visceral, Paediatric and Transplant Surgery
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52074 Aachen

How to find us

The endoscopy registration desk is located on floor 3, corridor 27. Please register at the B4 control centre on the 3rd floor approximately **15 minutes** before your appointment. Then please go to the endoscopy registration desk (floor 3, corridor 27) and register at the counter.



Contacts

Further information and the appointment booking system can be found at:
www.ukaachen.de/endoskopie

Alternatively, you can contact us at endoskopie@ukaachen.de (preferred) or by telephone on +49 241 80-80863.



**UNIKLINIK
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Clinic for Gastroenterology,
Metabolic Diseases and
Internal Intensive Care Medicine
(Medical Clinic III)

Clinic for General, Visceral,
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patient information



Gastroscopy Interdisciplinary endoscopy

September 2025

Dear patients,

We would like to provide you with some information prior to your gastroscopy. Your attending physician will conduct an informative consultation with you in advance at an agreed-upon appointment. During this consultation, you will be informed about the exact reason for the examination, the procedure, risks, and side effects.

This information sheet serves as a supplement to the medical consultation and provides you with additional information about gastroscopy so that you are well informed and optimally prepared for the examination.

Kind regards,

Your endoscopy team



TECHNOLOGY AND HYGIENE

We use endoscopes for gastroscopy. These devices have a diameter of 6 to 13 mm, and we use different devices depending on the issue at hand. This allows for easy insertion into the esophagus and a clear view of the stomach and intestinal tract. Our devices are hygienically cleaned after each use and are subject to constant monitoring by the hospital hygiene department.



IMPORTANT DOCUMENTS

On the day of your gastroscopy, please bring a **referral form** issued by your family doctor and the **completed and signed consent forms**. If requested during the consultation, please bring **laboratory results** for your blood count and coagulation that are no more than four weeks old.



SOBER FOR THE EXAMINATION

The examination is performed on an empty stomach for your protection and to allow for a better view of your stomach. Therefore, you should not have eaten anything for four to six hours prior to the examination. Please also refrain from consuming liquids and nicotine on the day of the examination.



MEDICATIONS

You should clarify with your doctor to what extent your regular medication should also be omitted on the morning of the examination day. If a procedure is planned, it may be necessary to pause blood thinners (e.g., Marcumar, Xarelto, Eliquis, Clopidogrel, etc.) before the examination. This will be discussed with you during the consultation.



PROCEDURE AND PREPERATION

A gastroscopy is a low-risk examination that causes no pain and usually takes only a few minutes.

The examination can be performed while you are awake or asleep. If you wish, you can be given a **sedative injection** for the duration of the examination so that you sleep throughout the gastroscopy. For this purpose, we will insert an intravenous line. If you wish to be asleep, you will be informed of the associated risks. If you receive a sedative injection, you will be continuously monitored during the examination. To do this, we will connect you to a monitor to check your blood pressure and breathing and supply you with oxygen through your nose.

Before the examination, any **dentures** should be removed to prevent them from being swallowed. You will be required to take a defoaming solution to improve visibility in the stomach.

To protect your teeth and our equipment, you will be given a **bite ring** to hold in your mouth for the duration of the examination. During the gastroscopy, you will lie on your left side. This is to prevent you from choking on your saliva.

When the device is inserted, you may experience a slight gag reflex, so your throat will be sprayed with a **topical anesthetic spray** beforehand. When we insert the endoscope into your esophagus, you should swallow once firmly and then continue to breathe normally and calmly.

Additional air is introduced through the endoscope so that the stomach can expand properly and an optimal view is possible. Most of the **air** is sucked out again towards the end of the examination. The remaining air is excreted naturally by the body.