

Digestive Endoscopy Service | Via Privata Benadir, 5 - Milan

## ESOPHAGUS-GASTRO-DUODENOSCOPY: PREPARATION RULES

In this document you will find useful and important information for better preparation. We invite you to read it carefully. Pay particular attention to the "warnings" section. On this page you will find the summary of the contents and the indications to contact us in case of doubts.

### Summary

- **THINGS TO KNOW**

Read carefully the information in this section.

- **BEFORE THE EXAMINATION**
- **THE DAY OF THE EXAMINATION**
- **SEDATION**
- **END OF THE EXAMINATION AND EXIT FROM THE AMBULATORY**

- **SPECIAL WARNINGS AND CONDITIONS**

Carefully consult the table on p. 3 if you are suffering from particular pathologies or are taking medications. Specific warnings correspond to each particular condition.

If case of doubt, contact Santagostino's Center of Cimiano at 02-89701303  
from 7.30 to 20.30 from Monday to Friday and from 7.30 to 13 on Saturday.

## THINGS TO KNOW

### Before the examination

- Remember to show up for admission (30 minutes before the exam) with the request of the attending physician
- (issued no more than 3 months ago) together with the Identity Card and the Fiscal Code.
- Bring the clinical documentation and any previous tests with you to be delivered to the doctor.
- We recommend that you come to the clinic accompanied.
- Wear comfortable clothing and avoid wearing jewelry (earrings, necklaces, bracelets, etc ...).
- Remove make-up, fingernail and toenail polish, contact lenses (can interfere with monitoring equipment).
- Carry containers for storing removable dentures, hearing aids, and more to remove before the procedure.
- We will ask you to sign an informed consent before proceeding with the sedation and execution of the examination.
- A venous access will be placed for the eventual administration of sedative and painkilling drugs.

### The day of the exam

#### Fast from midnight.

From midnight on the day before the exam, only water is allowed.

*If during the examination the doctor deems that it is not possible to proceed due to lack of / improper preparation, the examination will be interrupted and the service must in any case be paid.*

### Sedation

Sedative drugs can be administered during the examination in order to make the endoscopic examination more comfortable.

The most appropriate type of sedation will be decided in the clinic together with the Anesthetist.

For this reason, after the exam it is not recommended to drive the car in the following 12 hours and it is necessary to be accompanied.

### End of the examination and exit from the clinic

You will remain in the recovery room at the end of the endoscopic examination to monitor vital parameters. The stay in the recovery room will last for a defined time based on the type of sedation performed and an evaluation of the vital parameters judged suitable by the medical and nursing staff.

**In the case of deep sedation, discharge from the Endoscopy clinic takes place after evaluation by the anesthetist.**

#### We also remind you:

- **Do not get up** without the consent of the Medical / Nursing Staff who checked the post-sedation conditions.
- **Do not lean out** of the cot to find personal effects if the general conditions have not yet been re-evaluated by the staff, if necessary, ask for support using the bell provided.

- **Do not go to the bathroom alone** but ask the staff for support.

#### Upon leaving the endoscopy clinic

- Venous access will be removed only upon leaving the endoscopy clinic.
- The report will be delivered to you by the nurse. The doctor who performed the procedure is always available to provide you with further information.
- To exit the structure, use the lift.
- Do not drive in the 12 hours following the exam.
- Respect the post-procedure instructions indicated by the doctor on the report.
- Upon leaving the Endoscopy department, it is necessary to go to the admission desk for administrative "closure procedures".
- If it is necessary to issue proof of absence from work, it is possible to request it at the time of closing the administrative procedure.
- In case of histological samples, the date for the withdrawal of the histological report will be communicated. The histological report will be viewed by the endoscopist, who will evaluate the delivery methods: through Quick Consultation or delivery in a sealed envelope. Please remember the delivery time of the histological report occurs 10-15 days after the examination.

## SPECIAL WARNINGS AND CONDITIONS

For patients undergoing pharmacological therapies or suffering from particular pathologies, follow the information given in the table below.

Special conditions	Warnings
Chronic patients	Do not suspend therapies. If in doubt, contact the center.
Patients with heart valve prostheses or pacemaker	Report it to the Doctor who performs the examination.
Diabetic patients taking oral hypoglycemic agents or insulin	Consult the GP to regulate the intake of these drugs before the examination.
Patients taking oral anticoagulants	Report it to the Doctor who performs the examination and consult your Doctor or TAO center for any suspension and/ or replacement BEFORE booking the examination. These medicines should be suspended a few days in advance if an operational procedure is planned.
Patients taking anti-inflammatory drugs (aspirin and similar)	Temporarily suspend the intake, starting five days before the endoscopic investigation.