

## The day of the examination

Please arrive punctually for your gastroscopy at the **Endoscopy practice in the Wolfart Clinic**, Ruffiniallee 17 in Gräfelfing.

You **do not need to report to reception** at the **Surgical Centre**, but can go directly to the examination rooms, which are located one floor below. Simply take a seat there.

Please bring your insurance card and the completed patient information form with you.

Sometimes there are unavoidable waiting times. To bridge these, please always bring something to read with you.

Please remember that you are not allowed to drive on the day of the examination and that you are not legally competent if you wish to receive a sedative or sleeping pill!

In this case, you will need someone to pick you up or you should take a taxi home.

After the examination, you will recover in our recovery room and, unless otherwise agreed, you can eat and drink whatever you like.

Prof. Dr. Carsten Otto  
Dr. Gottfried Fischer

Endoscopic  
Gräfelfing practice

in the Wolfart Clinic  
Ruffiniallee 17



Prof. Dr. Carsten Otto  
Dr. Gottfried Fischer

Internal medicine  
practice Gräfelfing



## Prof. Dr. Carsten Otto

Gastroenterologist - Endocrinologist - Diabetologist

## Dr. Gottfried Fischer

Internist · Gastroenterologist



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**Endoscopic Gräfelfing practice**  
in the Surgical Centre of the Wolfart Clinic

Ruffiniallee 17 · D-82166 Gräfelfing



Information on  
**gastroscopy**

Dear patient

on

at

**(Please be there 15 minutes before your appointment.)**

you are scheduled for a gastroscopy, i.e. an endoscopic examination of the upper digestive tract (oesophagus, stomach and duodenum) at the endoscopic practice in the **Wolfart Clinic, Ruffiniallee 17 in Gräfelfing.**

This information is intended to provide you with information about the examination procedure;

Further details are described in the „documented patient information“ that we have given you.

## Preparation for the examination

### Food intake

You can eat and drink as normal on the day before the examination.

On the day of the examination, the time from which you must fast depends on the time of the gastroscopy: You should not eat anything solid for about six to eight hours before the examination, but you can still drink clear liquids up to three hours beforehand and small amounts of water up to one and a half hours before the endoscopy.

### Taking your medication

Blood-thinning medication and painkillers such as aspirin, clopidogrel, ibuprofen, diclofenac or NOAK should not be taken for up to five days before the examination if possible, depending on the type of medication, as taking them can increase the risk of bleeding during the procedure.

However, uninterrupted continuation of treatment for certain illnesses is more important in individual cases:

**If you have had a stent within the last year (following a heart attack or due to acute heart disease), suffer from diabetes or atrial fibrillation and are taking an anticoagulant medication such as Xarelto, Eliquis, Lixiana or Marcumar, a special procedure will need to be determined for you - please speak to us.**

You should take your usual medication as normal on the day before the gastroscopy and on the day of the examination either no later than three hours before the examination or immediately after it has been completed.

If you are unsure, please ask your family doctor or us!