

Information for patients about gastroscopy and colonoscopy **(oesophago-gastro-duodenoscopy and coloscopy)**

Label

Information protocol submitted by:

Date:

Dear patient

Please read these documents **immediately** upon receiving them. Fill in the questionnaire, if possible date and sign the documents on the day before the examination. If you have any questions, please contact your doctor or specialist (gastroenterologist).

You have been advised to have a procedure known as a **gastroscopy and colonoscopy**. Before the examination you'll receive the following:

- **an information leaflet**
- **a questionnaire**
- **informed consent form**

Information leaflet:

On the information leaflet you can find information about the course of the examination as well as its objectives and risks. Please read this leaflet carefully.

If you have further questions about the necessity and urgency of the examination, about alternatives or any risks posed by the examination, please contact your doctor. Most of these questions can be answered by the doctor who registered you for the examination. Specific questions about the examination's technical details or specific problems can be answered by the specialist (gastroenterologist) who will carry out the procedure, if necessary. If you wish to do so, we kindly ask you to contact us or the referring doctor in good time.

Questionnaire:

You are kindly asked to fill out the enclosed questionnaire in full to clarify the bleeding tendency and to answer the questions about medication, intolerances or allergies. If you are taking **anticoagulant medication** for blood thinning (e.g. Sintrom, Marcoumar, Xarelto) or regularly take **Aspirin, Alcacyl, Tiatral, Plavix, Clopidogrel etc.**, please discuss with your doctor in good time (at least 1 week before the examination) the possibility of stopping the medication. Please bring the questionnaire with you to the examination. You are kindly asked to date and sign the questionnaire one day before the examination if possible. If you have any problems or there are ambiguities in answering the questions, please contact your doctor or us in good time.

Informed consent:

Please read the informed consent form through very carefully. Also date and sign it no later than the day before the examination.

The information leaflet is yours to keep.

The questionnaire and the informed consent will be kept by us in the medical files.

Aufklärungsunterlagen empfohlen durch die Schweizerische Gesellschaft für Gastroenterologie SGGSSG, die Verbindung der Schweizer Ärztinnen und Ärzte FMH sowie der Stiftung Patientenschutz SPO.

Information sheet about gastroscopy and colonoscopy

Why is a gastroscopy and colonoscopy carried out?

During a gastroscopy the oesophagus, stomach and duodenum and during a colonoscopy, the entire colon, the last sections of the small intestine and the rectum including the anus are examined. It can be used to diagnose diseases of these organs (e.g. ulcers, varicose veins, inflammation, polyps or tumours) and sometimes to treat them, or to monitor the course of known diseases.

What preparations are necessary for a gastroscopy and colonoscopy?

Colonoscopy requires a thorough cleansing of the colon beforehand (see separate instructions). Please follow the instructions for colon cleansing and special diet exactly. A last light meal is allowed until 1 p.m. the day before. Drinking clear, fat-free liquids (not milk) is permitted up until 2 hours before the start of the examination. Do not take your regular medication unless your doctor tells you to take it. Any iron preparations must be stopped 5 days before the examination.

Ability to drive/ ability to work?

As a rule you will be given sedation and or pain medication before the examination. You should not drive after receiving this medication. Do not come with your own vehicle. Make sure that someone personally accompanies you. After these medications have been administered you are not capable of signing any documents for the next 12 hours. This means that during this time you should not conclude any contracts.

What happens during a gastroscopy and colonoscopy?

At times colonoscopy can be painful. Therefore, painkillers/sedatives are administered as required during the examination, that's why an infusion is put in the arm. These drugs allow the examination to be pain-free. The examination is carried out using a thin movable 'tube' at the tip of which a light source and a camera are attached. This allows the doctor to see the mucous membrane of the mentioned organs and to search for pathological changes. Tissue samples (biopsies) can be taken or various procedures can be performed, such as hemostasis or the removal of tissue, these procedures do not cause any pain. If polyps (mucosal growths that are usually benign but can turn into cancer over the years) are present, they are removed if possible. Despite great care and attention, about 5-10% of polyps are not found. Even active bleeding can be stopped by suitable methods (e.g. injection of diluted adrenaline or placing clips). In order to get a good view of the intestinal wall, the intestine is slightly inflated during the examination. Occasionally to move the endoscope along, pressure must be put on the abdomen from the outside. During the examination a specially trained nurse is also present in addition to the doctor.

What are the risks associated with gastroscopy and colonoscopy?

Complications due to a gastroscopy are extremely rare (0.2%), also the colonoscopy itself, the taking of tissue samples and polyp removals are low-risk. However, despite the greatest care being taken, complications can occur, which can be life-threatening in exceptional cases. These include allergic reactions, possible damage to teeth due to pre-existing defective teeth, infection, bleeding, injury to the wall of the upper digestive tract (perforation) and injury to the larynx. Slight hoarseness, difficulty swallowing or unpleasant flatulence (caused by air remaining in the stomach and small intestine) may occur temporarily after gastroscopy. Possible complications after colonoscopy are bleeding (0.5 - 3%), which usually occurs immediately after the removal of polyps and which can directly be stopped endoscopically. More rarely, delayed bleeding may occur within the first week after treatment. Very rarely (0.3-0.5%) perforations (rupture of the intestinal wall) are observed, which in the worst case may necessitate surgery. Rarely, the administration of sleep medication can lead to the impairment of respiratory and cardiac function.

What about after the examination?

If you have been given a sedative/pain-relieving injection for the colonoscopy, you will be monitored after the examination until you have rested. In the hours following the examination, you may feel a feeling of pressure in your abdomen (increased air in the intestine). If this increases or **new abdominal pain** or other disturbances of well-being (e.g. dizziness, nausea, vomiting) occur or if there is bleeding from the anus (fresh blood or in the form of black, thin fluid stools) or you develop a fever, inform your doctor immediately or go to a hospital emergency department.

Questions about the examination?

If you have any further questions about the planned examination, please contact your GP. If you are still unclear, contact the specialist (gastroenterologist) who is carrying out your examination.

You can contact the following doctors if you have any questions or problems:

General practitioner		Tel:
Gastroenterology	Dr. med. Pablo Munoz	Tel: 041 729 30 40

Aufklärungsunterlagen empfohlen durch die Schweizerische Gesellschaft für Gastroenterologie SGGSSG, die Verbindung der Schweizer Ärztinnen und Ärzte FMH sowie der Stiftung Patientenschutz SPO.

Questionnaire

Label

Questions to clarify bleeding tendency:

	yes	no
1. Do you have heavy nosebleeds for no apparent reason?		
2. Do your gums bleed for no apparent reason (brushing your teeth)?		
3. Do you have „ bruises “ (Haematomas) or small bleeds under the skin without obvious injuries?		
4. Do you have the impression that you bleed longer after minor injuries (e.g. when shaving)?		
5. Women: do you have the impression that you have prolonged menstrual bleeding (>7 days) or that you must change tampons or sanitary towels very frequently?		
6. Have you had prolonged or heavy bleeding during or after dental treatment ?		
7. Have you had prolonged or heavy bleeding during or after surgery (e.g. tonsillectomy, appendectomy, birth)?		
8. Have you received any blood or blood products during surgery?		
9. Does anyone in your family (Parents, siblings, children, grandchildren, uncles, aunts) have a disease with increased bleeding tendency ?		

Questions about medication, allergies, concomitant disease:

	yes	no
1. Are you taking anticoagulants for blood thinning (e.g. Sintrom, Marcoumar, Xarelto) or have you been taking Aspirin, Alcacyl, Tiatral, Plavix, Clopidogrel, etc. or flu medication, pain killers or rheumatism medication in the last 7 days? If 'yes', what exactly?		
2. Do you have an allergy/ hypersensitivity reaction (to medications, latex, local anaesthetics, sticking plasters)? If 'yes', which ones?		
3. Do you suffer from a heart valve defect, heart or lung disease ? Do you have an ID card for endocarditis-prophylaxis ?		
4. Do you have a heart pacemaker / defibrillator or a metal implant ?		
5. Are you aware of a renal dysfunction (renal insufficiency) ?		
6. Are you diabetic ?		
7. Women: are you pregnant or is there a possibility that you could be pregnant?		
8. Do you have any loose teeth, dentures or a dental disease ?		

I, the undersigned, have completed the questionnaire to the best of my knowledge.

Place, date

Patient's name

Patient's signature

Informed consent**for a gastroscopy and colonoscopy
(oesophago-gastro-duodenoscopy and
coloscopy)**

Label

Information protocol submitted by:**Date:**

I, the undersigned, have read the information sheet.

I have been informed by the doctor of the reason (Indication) for the colonoscopy (coloscopy/rectosigmoidoscopy). I understand the nature, procedure and risks of a colonoscopy (coloscopy/rectosigmoidoscopy) including possible polyp removal. My questions have been answered to my satisfaction.

(Check the appropriate box)

I agree to having a gastroscopy and colonoscopy (oesophago-gastro-duodenoscopy and coloscopy) including possible polyp removal.

yes	no
yes	no

I agree to a sedative and/or pain relief being administered during the examination

Patient's name

Doctor's name

Place, date

Patient's signature

Place, date

Doctor's signature

For patients who cannot give consent themselves:

Legal representative
or proxy

Doctor's name

Place, date

Representative's name

Place, date

Doctor's signature