

CHECKLIST FOR YOUR GASTROSCOPY

To do:

- Complete Admission Form (see link below)** Organise transport to and from your appointment. **Pick up time will be approximately 1½ hours after your admission time.** For safety reasons (due to the sedation), you must not **drive or walk home.**
- Watch video (see link below)
- Read Gastroscopy - The Inside Story
- Send copy of referral if applicable

The enclosed brochure - 'Gastroscopy - The Inside Story' provides information on gastroscopy procedures, what to expect, and the risks. Please read this fully and pay particular attention to the section on safety and risks. Please contact us if you have any questions or concerns.

We would like you to watch an educational **video** created by the American Society for Gastrointestinal Endoscopy. Please click on the link <http://www.asge.org/patients/patients.aspx?id=6928> and select 'upper endoscopy for gastroscopy'.

****ADMISSION FORM**:**

- Complete the admission form [Endoscopy Auckland - Admission Form](#) and return to us no later than four days before your procedure.

Morning Appointment:

- If your appointment is in the morning, it is very important that you do not eat anything from midnight (the night before your examination), but you may have clear fluids up to two hours before.
- Your stomach needs to be completely empty of food for the examination.

Afternoon Appointment:

- If your appointment is in the afternoon, it is very important that you have some tea, coffee or fruit juice, toast or cornflakes/rice bubbles only for breakfast.
- Please do not eat anything for at least six hours before your appointment, but you may have clear fluids up to two hours before.
- Your stomach needs to be completely empty of food for the examination.

Existing medications:

- If you are taking iron tablets discontinue them one week prior to the procedure.
- If you are taking any blood thinning medication (apart from Aspirin) regularly, please advise us.
- If you are diabetic, advise us as soon as possible as there are special instructions for your preparation.

Payment and costs:

- [Southern Cross members](#) - Endoscopy Auckland will apply for prior approval on your behalf.
- [Other insurers](#) - Please make your own prior approval and payment arrangements.
- **Any shortfall will be payable on completion of your procedure.**

Approximate cost:

- Approximate cost of the procedure \$1300.00-\$2000.00
- Antibiotics (if required) \$5.00-\$55.00
- Complex procedures (if required), e.g. Endoscopic Mucosal Resection (EMR) or Argon Plasma Coagulation (APC) (difficult to accurately predict) \$1500.00-\$2000.00
- If you are a non NZ resident there will be an additional charge from Labtests for processing any specimens taken.

Things to bring with you to your appointment:

- Your medications or a list of them.
- Your medical insurance prior approval number or letter from your insurer (if applicable).

On arrival at Endoscopy Auckland:

- You will be checked in and admitted by a nurse.
- The endoscopist will speak to you before the procedure and give you the sedation. If an anaesthetist is involved they will see you prior to your procedure.
- If you have any questions about the procedure or your symptoms etc, please ask the endoscopist.

After your procedure:

- Remember, because of the sedation, **it is illegal to drive for the rest of the day.**
- Do not operate machinery, dangerous appliances, or make important decisions for the rest of the day.
- Have someone stay with you the night after your procedure.
- We advise you not to make entries on social media while sedation effects remain.

We look forward to welcoming you at Endoscopy Auckland.