

PATIENT'S STATEMENT ON NARCOSIS (ANESTHESIA)

Information on the educational talk

Dear patient,

You are scheduled for an endoscopy of the stomach and/or intestines. At your request, a short *anesthetic will be administered* during the examination to completely eliminate pain and ensure a gentle and stress-free examination. You will receive an intravenous injection of a *sedative* or a sleeping drug (*narcotic*) and possibly a painkiller (*analgesic*) - the latter is usually used for therapeutic procedures, e.g., polyp removal. This modern procedure (*combined anesthesia*) guarantees you a gentle and stress-free examination.

In contrast to the usual procedure during operations, no muscle-relaxing drugs are administered during endoscopy (gastroscopy and colonoscopy); these are responsible for most unpleasant experiences before, during and after surgical procedures. During the examination, you usually breathe on your own and are not dependent on any machine. All-important organ functions are constantly monitored. Before the examination, the doctor will talk to you about how the planned procedures will be carried out. This information sheet is intended to help you prepare for the conversation.

On the day of the examination, please come to the practice punctually at the agreed time so that there are no long waiting times. After the examination, you will be preferably collected by a person you trust.

What preparations are necessary?

We ask you not to eat anything for at least 6 hours before a gastroscopy. You can drink water up to 2 hours before the examination. If you are scheduled for a colonoscopy, please read the information sheet on bowel preparation provided. Please do not smoke, take sweets or chew gum for at least 2 hours before the examination! If you take regular medication, you can take it as usual up to 2 hours before the examination. If you have to take blood thinning agents or blood sugar lowering medication, please ask us or your family doctor if and when these can be temporarily discontinued.

What complications can be expected?

Allergic reactions to medication or cardiovascular and respiratory problems are very rare and can be detected and treated immediately through constant monitoring. Hoarseness, nausea and vomiting, pneumonia, vein irritation or occlusion, tissue pain or irritation (Para venous injection), dental or positional damage and paralysis of the vocal cords are possible but extremely rare.

What should be taken care of after the mirroring?

Generally, you will be awake and responsive again about 15 minutes after the examination. You will remain in the practice for a reasonable time for monitoring. Then you can go home with an escort. **Under no circumstances should you drive a vehicle yourself during the following 24 hours, as your ability to react is restricted by the medication administered.** We also ask you not to drink alcohol. Please take painkillers and/or sedatives on the day of the examination only after prior consultation with us.

If you wish to have a gentle examination under short anesthesia, please read this information sheet carefully (in case of a planned colonoscopy, at the latest the day before the examination). In this way you can help us to avoid waiting times and you have enough time to ask your doctor any questions you may have.

Please Note: Anesthesia is a separate medical service and will be billed to you independently of the endoscopic services. As a rule, your insurance will cover the costs.