If you are allergic to any medications, tell your doctor and nurse. Do not take any medications prior to your procedure. Do not drink alcohol and avoid eating and drinking for at least 8 hours before your procedure. If you are taking medications, please inform your doctor and we will provide specific instructions.

**Preparation Before the Procedure**

- **Soft Drinks:** Water, tea, coffee, and juice
- **Solid Foods:** None

**Infection Control Measures**

- Wash hands thoroughly with soap and water before and after the procedure.
- Wear gloves and face masks during the procedure.

**What to Expect**

- You may experience some discomfort during the procedure.
- You may be asked to perform deep breathing exercises.
- After the procedure, you may experience bloating and discomfort for a few hours.

**Post Procedure**

- You may experience bloating and discomfort for a few hours.
- You may need to remain in the hospital for observation.

**Aftercare**

- Avoid strenuous activity for 24 hours after the procedure.
- Follow your doctor's instructions for pain management.

**Side Effects**

- Nausea and vomiting
- Abdominal pain
- Gas formation

**Follow-up**

- Your doctor will discuss the results of the procedure with you.
- If you have any concerns, please contact your doctor.

**Precautions**

- Do not drive or operate heavy machinery for 24 hours after the procedure.
- Avoid strenuous activity for the next 24 hours.

**Contact Information**

- Your doctor's office: (555) 555-5555
- Hospital patient care: (555) 555-5555

**Emergency Contact**

- If you experience any symptoms, call 911 immediately.

**Medication**

- Follow your doctor's instructions for medications before the procedure.
- Avoid taking any over-the-counter medications for 24 hours before the procedure.

**Diet**

- You may resume your regular diet after the procedure.
- Avoid gas-producing foods for 24 hours after the procedure.

**Other Instructions**

- Avoid driving or operating heavy machinery for 24 hours after the procedure.
- Avoid strenuous activity for the next 24 hours.

**Signs of Complications**

- Persistent abdominal pain
- Difficulty breathing
- Changes in mental status

**Follow-up**

- Your doctor will discuss the results of the procedure with you.
- If you have any concerns, please contact your doctor.
I have read and understand the content of this consent form. I agree to undergo the

Gastroscope (with or without biopsy, injection, cautery, or dilatation)

Informed Consent

Complications

Gastroscopy is associated with very low risk of complications.