



**CONSENT FORM FOR THE GASTROSCOPY
WITH BIOPSY FOR A RAPID TEST FOR LACTOSE INTOLERANCE**

1. Clarification / Information

Gastroscopy is a procedure that allows doctors to look inside the esophagus, stomach, and duodenum. During the procedure, an endoscope (a flexible, optical device used to examine body cavities) is gently inserted through the mouth into these areas. By blowing air into the organs, they are expanded, making it easier to examine the mucous membranes. Special instruments can also be used to take tissue samples directly. The procedure usually does not cause pain. You may receive a throat spray to numb the mouth area so you can stay awake and follow the examination. Alternatively, you can opt for sedation, which puts you into a sleep-like state. If you choose sedation, it's important to remember that you should not drive or operate machinery for the next 24 hours, as you will be legally unable to do so during this time.

2. Complications

Endoscopy of the upper digestive tract and related treatments are generally considered routine procedures with low risk. However, despite careful precautions, there is a small chance of complications, which in rare cases can be life-threatening. Possible issues include difficulty swallowing and slight hoarseness caused by the endoscope. Sometimes, more significant bleeding can occur if tissue samples are taken, but this can usually be controlled with additional endoscopic treatment. Rarely, infections with fever or allergic reactions to medications may happen. In very rare cases, sedation can affect breathing or heart function, but throughout the procedure, you will be closely monitored on a monitor to ensure your safety.

3. Behavior after the examination

After the procedure, if you received a throat anesthesia, you should not eat or drink for about 30 minutes. If you were given sedation, you will be monitored in the practice, and it's best if you go home accompanied by someone. Importantly, do not drive yourself!

If you experience pain, vomiting blood, or bleeding from the rectum after the procedure, please contact our practice or your general practitioner immediately. If neither is reachable, please contact the Universitätsklinik Heidelberg right away.

4. Declaration of consent

- Yes**, I have read and understood the information and instructions above, and I agree to undergo the gastroscopy.
- No**, I have read and understood the information and instructions above, and I do not wish to undergo the proposed gastroscopy.
- Yes**, I agree to have a rapid biopsy test for lactose intolerance performed during the gastroscopy. The cost for this test is €45.00, as it is not covered by health insurance.

Place / Date

Signature of the patient or legal guardian

Signature of the doctor