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*English version*

**Background** From relatives and friends I heard about the gastroscopy and the horrors associated with this procedure.

Therefore, when I have met the problems with the gastrointestinal tract, I rested as much as I could. The gastroenterologist insisted on gastroscopy and talked about possible frightening diagnoses — from ulcers to oncology. There was nowhere to retreat.

**Solutions** I studied a number of sources — articles in the magazines “What doctors don’t tell you about”

and “Stolichki” (journal of the same Russian network of pharmacies), articles on the Internet, reviews on the «Otzovik» website and other resources. 3 possible options were founded: —

Gastroscopy without anesthesia — Gastroscopy «in a dream» — Ingestion capsules

The option without anesthesia scared countless negative reviews.

Ingestion of the capsule is more suitable for colony, rather than gastroscopy, and there are only few centers

and specialists in the procedure, high prices. And the need to go all day with the capsule inside and also with the device on the belt,

then look for the capsule in your own waste and go to the doctor again.

In addition, I read that the accuracy of this method leaves much to be desired.

Gastroscopy in a dream is remained. The reviews are good. Nevertheless the need for anesthesia scared me.

It took time to find a clinic and sign up for a procedure.

By the way, the nearest record available was after about 2 weeks.

**Preparation for gastroscopy in a dream** By telephone medicine provider told me about the following: — A cardiogram with a decoding ( $\leq 1$  month old) required — It should be no respiratory or chronic bronchopulmonary diseases — In the evening before the procedure, stop eating until 20.00 — On the day of the procedure it is excluded eating and drinking, taking medications, using gum and candy and smoking — On the day of the procedure it is permissible to brush your teeth. — Before the procedure you have to go through a conversation with the anesthetist

I complied with all the telephone recommendations and arrived at the medical center half an hour before the appointed time. I was asked to drink an «Espumisan» solution and was sent for an initial consultation with a gastroscopy specialist. The doctor inquired about my complaints, after which she sent me to the anesthesiologist. The anesthesiologist was interested in my chronic diseases, taking medications, studied my cardiogram, found out height, age and weight.

He outlined the procedure for gastroscopy. Then I went to the procedure itself.

I was asked to put on a robe and lie on the couch, on my left side.

My lips were smeared with a moisturizer, and then was inserted a mouthpiece .

Into a vein was inserted a catheter and was connected a pressure/pulse measurement .

The first test dose of anesthesia was introduced to identify possible adverse reactions.

I got dizzy.

An iced solution was injected into the throat and the main dose of the drug was started.

I have been slept instantly.

I woke up on my own after 40 minutes. I was lying on the back, without a catheter and mouthpiece, under a blanket.

I was informed that the gastroscopy lasted 7 minutes.

Nausea and sensation in the stomach were not observed.

It seemed that I slept for a maximum of half a minute, but at the same time I felt rested.

I was asked to sit on the couch and wait for a couple of minutes, after which doctors helped me get up.

After making sure that I was standing confidently, they asked me to go into the corridor and wait for the result of gastroscopy.

After about 10 minutes the doctor called me and reported the results.

She gave me a color printout with characteristic moments of the gastroscopy. After that I sat in the corridor for about 20 minutes.

Then I went to the clinic`s cafe, where I was able to have breakfast without any restrictions.

**The Moscow gastroscopy`s prices** Gastroscopy without anesthesia — from 2 000 Rubles (30\$ or 25 Euro) Gastroscopy in a dream — from 7 000 Rubles (100\$ or 87 Euro) Ingestion of the capsule — about 20 000 rubles (300\$ or 250 Euro)

**Procedure Results** I did not take blood tests after the procedure. I heard that after some anesthesia the level of leukocytes drops. Many subsequently have a sore throat. I did not observe any unpleasant consequences. Pros: + No discomfort during or after + FastMinuses: — Required preparation — Price (high for Russia) — Any anesthesia has contraindications for use. — Not many Moscow clinics provide the procedure

**Tips and Conclusions** Definitely I can recommend gastroscopy in a dream to those who need gastroscopy.

Especially if the procedure is necessary for children or the elderly or those who are very afraid.

When searching for a clinic, please note that the procedure should be carried out simultaneously by 2 specialists — gastroscopy and anesthesia.  
Do not save on the cost of services; read reviews about the clinic and doctors. During gastroscopy in a dream, you can additionally conduct a Helicobacter test and take material fences for cytology.  
In addition to the stomach, the esophagus, valves, and part of the duodenum are also examined.

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