



Patient Information

Coming for a Gastroscopy

Introduction

We have written this leaflet to try and answer some of the common questions people have about upper GI endoscopy, sometimes called a gastroscopy. The leaflet also contains important information about what to expect before and after your examination.

If you have any other questions, please feel free to ask the endoscopy nurse or doctor before your test.

What is an upper GI endoscopy?

This is an examination to look at the lining of the oesophagus (gullet), stomach and duodenum (first part of small bowel).

The instrument used is called an endoscope. This is a thin, flexible tube with its own lens and light source, which relays pictures to a television screen.

We may take small samples of tissue (known as biopsies) and send these to the laboratory for further examination. These will be kept by the laboratory. Photographs may be taken for your records.

How long does it take?

The examination usually takes about 10 to 15 minutes, but can sometimes take longer. You should expect to be in the department for around an hour. Do not bring any unnecessary valuables or jewellery into the unit. We cannot be responsible for any loss or damage.

What preparation is needed?

To allow a clear view, your stomach must be completely empty. You must have nothing to eat for **at least 4 hours** before your test and this includes your medication and chewing gum.

If you have a morning appointment - Do not eat anything after midnight but you may have small amounts of clear fluids e.g. water up to two hours before your appointment.

If you have an afternoon appointment - You can have a light breakfast before 8am and small amounts of clear fluids e.g. water up to two hours before your appointment.

What will happen at the Endoscopy Unit?

The receptionist will check your details and then inform the nursing team that you have arrived.

One of the nurses will complete relevant documents and answer any questions you may have. Only in exceptional circumstances will relatives or carers be allowed in the admission and / or procedure room.

Your belongings will remain with you during your test.

The endoscopist will meet you and discuss with you again the test, possible complications of the examination and ask you to sign a consent form to show that you agree to have this examination. Please only sign this form if you understand the test and its implications.

Please let the doctor or nurse know

If you have any allergies or had a bad reaction to any drugs or previous sedation or anaesthetics.

Also, bring a list of your current medication. There is no need to take the actual medication with you.

What will happen during the test?

Once in the room, as part of our safety checks, you will be asked again to confirm your name, date of birth and address.

Most people can manage the endoscopy with a local anaesthetic spray to the back of the throat. This means that you can drive home immediately after the test.

Alternatively, sedation can be given. This will make you feel sleepy and reduce anxiety, but it is not a general anaesthetic.

A thorough examination of the upper GI tract will be performed, and biopsies of any abnormal areas may be taken.

Does the test have risks?

Gastroscopy is generally safe and the risks of complications are minimal.

Very rarely the gullet or stomach may be damaged causing bleeding or a perforation (a tear that may require surgery). This happens to 1 in 2000 patients (0.05% of patients).

Bleeding may occur at the site of biopsy; however, this nearly always stops on its own.

There is a slight risk of damage to crowns or bridgework.

How will I feel after the examination?

You may have a sore throat and feel bloated.

The consultant will discuss the results with you. If you had a biopsy (sample of tissue) taken the results can take up to 2 weeks to be returned.

If you have had throat spray alone :

You may leave once your test is finished.

You cannot eat or drink for 1 hour until your “swallow reflex” is back to normal. You can then return to your usual diet unless we advise otherwise.

If you have had sedation:

You will need to stay in recovery until you show signs of adequate recovery.

You will not be able to drive for 24 hours and must have someone to accompany you home.

Sedation

In the event you feel you may need sedation, you **MUST** have someone to accompany you and be able to take you home and stay with you overnight if you live alone.

For the **following 24 hours** you will not be able to drive (it may affect your insurance), cycle, operate any machinery or cooking appliances, consume alcohol or make important decisions.

The sedative means that although you won't be asleep, you should feel drowsy and may remember little about the examination

Sedation can make you forgetful so you may want a friend/relative with you while the results are discussed.

Important Information

If you have Addisons Disease, please call and let us know.

If you think you have a latex allergy, please contact us.

Location

Wellheads Place, Dyce, Aberdeen, AB21 7GB

Contact telephone numbers

If you have any questions about your examination or medication, please call:

NexEndo Healthcare - 033 01331573