



Gastroscopy Inside Story

Endoscopy is a procedure, diagnostic or therapeutic, where a thin flexible endoscope is used to view the lining of the stomach or bowel. The image produced via the video processor is displayed on a television screen that allows an excellent view for your specialist. Special instruments can be passed down the endoscope to obtain a biopsy, a tiny tissue sample and to remove polyps. All samples are sent to the laboratory for analysis. **Gastroscopy** is an endoscopy of the oesophagus, stomach and duodenum.

Preparation for a gastroscopy

When you phone to make an appointment the secretary will give you details when your appointment time has been arranged — however generally you are to have **NOTHING to eat or drink, not even water, for 6 hours prior to your appointment time.**

Bring with you

- Your referral letter for the procedure if you have one.
- Any x-rays relevant to your procedure.
- A list of current medications you are taking.
- Medical insurance authorisation number/letter, if applicable.

Because you will have had sedation, it is important that you arrange for someone to drive you home following the procedure. You are not permitted, by law, to drive yourself. You will also need a responsible person to stay with you for 24 hours following the procedure.

On arrival

- Further information regarding the procedure will be made available to you.
- A nurse will obtain health details from you.

The procedure

- You will be taken into the procedure room and asked to lie down on a bed. A needle will be inserted in your hand or arm.
- Sedating medication is given to help you relax. This is optional but it does facilitate the procedure considerably. Should you choose not to have sedation, a local anaesthetic is sprayed into the back of your mouth.
- Most procedures take 15 minutes. However your stay at the unit will be approximately 1 to 2 hours.
- Gastroscopy involves passing the endoscope through the oesophagus, stomach and duodenum.

Safety and risks

The gastroscope is completely cleaned and disinfected between each patient to avoid the risk of transmission of serious disease such as HIV or hepatitis.

There is a small risk of teeth being damaged during the procedure.

Serious complications of gastroscopy are rare, at less than 1 in 10,000 examinations. However complications can occur and include the following:

- Reaction to the sedatives. This is very uncommon but is of concern in people who have severe heart disease or lung disease.
- Perforation, making a hole in the upper gastrointestinal tract wall.
- Major bleeding.

It is possible if these serious complications occur that you may require surgery or a blood transfusion.

- Rare side effects can occur with any procedure. Death is extremely rare.
- If you wish to have further details please discuss this with your endoscopist before the procedure.
- If you have any of the following symptoms in the hours or days after gastroscopy you should contact Nucleus Healthcare immediately:
 - Severe abdominal pain.
 - Black tarry motions.
 - Persistent bleeding, fever or other symptoms that cause you concern.

After the gastroscopy

Following your procedure you will be wheeled into the recovery room where you will rest to allow the sedation to wear off.

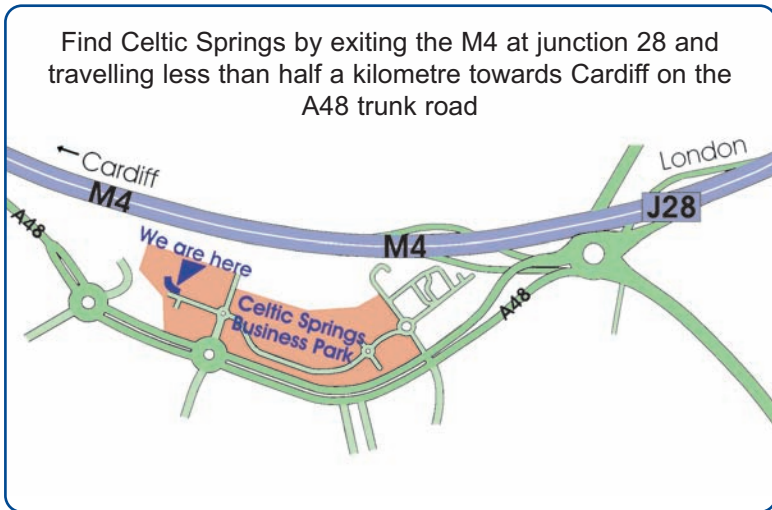
When you are awake your specialist will discuss your examination results with you. Sometimes you do not clearly remember the discussion, due to the sedative and hence a follow-up appointment will be made for you and a written summary will also be given to you for reference. A detailed report will be sent from your specialist to your GP or referring doctor.

A light snack will be served before you leave the Unit.

Laboratory results from any biopsies taken will be sent to your G.P or referring doctor and your clinic for your specialist to see. These can take up to 7 days to be processed.

This fact sheet was designed to help you. Please do not hesitate to ask any questions of our specialists and nurses.

If you have any problems following your procedure call
Nucleus Healthcare during opening hours
08:00 hrs. — 18:00 hrs.



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