Patient Information on Gastroscopy

Your Questions Answered
If you need this information interpreted into your language, please inform one of the health care staff.

इस माहौल में आपको अपने भाषा में इनपुट की जानकारी का इस्तेमाल करने के लिए जरूरत मशीन को जानकारी प्रदान करें।

如需将此等资料翻译成你使用的语言，请通知健康护理人员。
Your consultant has recommended that you have a gastroscopy. This is to view the lining of your gullet (oesophagus), stomach and the first part of your bowel. (duodenum)

**What is a gastroscopy?**
A gastroscopy is carried out using a long flexible instrument called an endoscope. This is about the thickness of your index finger with a bright light at one end. The endoscope is placed into your mouth and guided into your stomach and duodenum. This will help us to find out the cause of your symptoms. During the procedure, a small pinch of tissue (biopsy) may be taken. The tissue is removed painlessly by using tiny forceps which are passed through the endoscope.

**What are the risks?**
As with all medical procedures there are some risks involved. The main risk of this procedure is a leak (perforation) through the gullet or stomach which occurs about once in every 1500 people. If this occurs, an operation to repair the leak may be performed. Other complications include bleeding (risk 1 in 150). Bleeding can occur from where we have taken a biopsy although this is rare if this did occur a blood transfusion may be required. Damage to teeth or crowns is possible although rare. In addition it is not always possible to complete the procedure, this may be because you are unable to swallow the tube or you have asked us to stop. You should be aware that no test is 100% accurate and abnormalities may be missed, including cancers. You may wish to discuss this with the doctor/nurse who will seek your consent before the examination. If you require sedation there is a small risk that the sedative may affect your breathing. We aim to reduce this risk by assessing your general health before the endoscopy and you will be closely monitored by qualified nurses during and after the examination.
What should I do before the test?

Before the test you should stop the following medication for 10-14 days.

- Tagamet (Cimetidine)
- Zantac (Ranitidine)
- Losec (Omperazole)
- Zoton (Lansaprazole)

Do not stop these medications if you are coming back for a check gastroscopy following the finding of an ulcer.

Your regular medications should be taken as normal before your test.

If you have diabetes you should not take your diabetic medication whilst you are not eating food.

An endoscopy nurse will try to telephone you before your test, especially if you are taking diabetic medication, warfarin or clopidogrel tablets.

On the day of the procedure.

To allow a clear view of your stomach it must be empty;

- Do not have any solid food for 6 hours before your test
- You may have clear fluids (no milk) up to 2 hours before your test
- If you are attending for an appointment after 5pm you must not have solid food 10 hours before your test

It is important that you do not starve for longer than this, unless specifically advised by the doctor/nurse, to avoid dehydration.

On arrival in the endoscopy department, please give your name to the receptionist. Your appointment time is the booking in time, not your procedure time. We will try to start your procedure as soon as possible.

Before the test, you will be seen by a nurse who will go through the health questionnaire with you. A doctor/nurse will speak to you in a private area of the department before your procedure. This will give you the opportunity to ask any questions. You will then be asked to sign a consent form indicating you understand the nature and risks of the procedure. You are not required to change out of your usual clothing. If you wish, you can bring a toothbrush/paste to freshen your mouth after the procedure.

You will be asked whether you prefer a local anaesthetic throat spray or a sedative injection.
• **Local anaesthetic throat spray** – The spray numbs the back of your throat to make it more comfortable to swallow the tube. You will be fully awake whilst the test is being performed. You may leave the department almost immediately following your test. You can drive yourself home and carry on with your usual activities. **You will not be able to eat or drink for 1½ hours after the test, until you can swallow as normal.**

• **Midazolam** is a conscious sedative injection which aims to make you feel relaxed. It is given through a small needle in your arm or hand and is given to you in the procedure room before the test begins. This is not an anaesthetic and you will be awake but the injection should relax you. You will be allowed to rest quietly in the recovery area where a qualified nurse will observe you until the main effects of the sedation have worn off.

Midazolam is a sedative which can affect your mental ability to think clearly for up to 24 hours after it is given, even though you may feel wide awake

For 24 hours after the procedure you should not do any of the following:
- Drive a vehicle or motorbike
- Use kitchen appliances such as a cooker
- Have a bath unsupervised
- Look after children on your own
- Go to work
- Operate any potentially dangerous machinery
- Sign any legal documents
- Drink any alcohol
- Take sleeping tablets or recreational drugs

- **If you have sedation you must have someone to collect you from the endoscopy department and take you home.** You are advised to have someone with you for the next 24 hours, as your judgment will be affected by the sedative. We will not be able to give you sedation if you do not have a responsible adult to collect you and stay with you for 24 hours.

Family members are welcome to wait in reception but are not permitted within the clinical areas.

**What should I expect during the procedure?**
The nurse caring for you during the test will ask you to lie on your left-hand side on a trolley. If you have spectacles, hearing aids or dentures you will be asked to remove them for the test. Oxygen will be given to you by a small tube into your nose and a small plastic mouth guard will be placed in your mouth. A nurse will monitor your pulse rate and oxygen levels during the test. During the test air is used to inflate your stomach to allow a clear view. The air is sucked out at the end of the test; however, you may get “windy” type symptoms and a sore throat. This will usually pass within 24 hours. If you get a lot of saliva in your mouth, the nurse will clear it using a sucker. When the test is finished the endoscope is removed quickly and easily. The test takes approximately 10-15 minutes.
After the procedure.
If you have been given the throat spray the endoscopy staff will speak to you immediately following your test. You will then be given written information about your test, including when you can next have a drink. Once you have this information you are free to go home or return to work. If you have had the relaxant injection you will be given your information after a short time in the recovery room and then allowed home in the care of a responsible adult.

How will I know the results of my procedure?
The doctor or nurse endoscopist performing the procedure will often be able to give you some results after the procedure. Before you are discharged you will be given clear details concerning any follow up arrangements. A full report will be sent to your GP and your referring consultant.

Contact numbers

If you have any further questions, you should contact the following:

Monday – Friday (8.30am – 5.00pm)

Pre-Assessment Nurse, Endoscopy Unit 0191 445 2586
Endoscopy Unit 0191 445 2586
Upper GI Nurse Practitioner bleep 2395, or
via Hospital Switchboard 0191 482 0000
Accident and Emergency Department 0191 445 2171

If you require ambulance transport please contact your GP surgery.
Frequently asked questions:

Does it hurt and will I be in much pain?
The examination may result in some abdominal discomfort due to the stomach being inflated with air. This discomfort should begin to settle once the procedure is finished.

When will I find out the results?
You will be given most of your results on the day. Biopsy results take approx. 14 days and you can get those results either from your GP or at your follow-up appointment.

Who will be in the procedure room whilst I am having the test?
The doctor and two to three nursing staff are always present during the procedure and possibly some trainees who will be observing. You will be asked for your permission to allow the observers in whilst you have the procedure. If you object we will ask the observers to leave and respect your wishes. Please inform the nurse prior to the procedure.

Endoscopy Department
Queen Elizabeth Hospital
Sheriff Hill
Gateshead
Tyne and Wear
NE9 6SX
Telephone: 0191 445 2586
Enter by the Outpatients Entrance and follow signposts for Endoscopy. Please do not bring valuables or jewellery with you to the unit as the Trust cannot accept responsibility for any loss of your personal belongings.
Data Protection
Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us improve the services available your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.

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