

Gastroscopy

An examination of the oesophagus, stomach and duodenum

This leaflet provides essential information to prepare you for your forthcoming procedure. You have been advised to have an upper gastrointestinal endoscopy (camera test) to help find the cause of your symptoms. This sheet covers frequently asked questions.

Please read this leaflet and complete the medical questionnaire on pages 4 and 5 before you arrive for your procedure.

What is a gastroscopy?

A gastroscopy is a procedure examining the upper digestive tract with a flexible tube. This goes through your mouth, down the oesophagus (gullet) into your stomach and the first part of your small bowel duodenum. Tissue samples (biopsies) may be taken if necessary.

If you are attending for an oesophageal dilatation due to a stricture, your food pipe will be stretched (dilated) during the gastroscopy. Afterwards you will be given advice about eating and drinking. Very rarely some problems may arise during dilatation that cause you to stay in hospital.

What should you do in preparation for the gastroscopy?

Please read and follow our instructions carefully:

- Your stomach must be empty to allow a clear view, therefore you must not eat for **6 hours before** your procedure time, although you may drink sips of water but only up to **2 hours** before your procedure.
- Please let the unit know before the procedure if there is a risk you could be **pregnant** or **breastfeeding**.
- Anti-hypertensives (blood pressure), critical medications (epilepsy and Parkinson's) should be taken as per normal with only a small amount of water to avoid your procedure being cancelled.
- **Insulin dependent diabetic patients** should contact the diabetic specialist nurses before the procedure - see the 'useful contacts' at the end of this information sheet.
- **Tablet controlled diabetic patients**, please ring the endoscopy nurse's enquiry line for advice - see the 'useful contacts' at the end of this information sheet.
- Patients on **anticoagulant medication** (blood thinners), please ring the endoscopy nurse's enquiry line for advice - see the 'useful contacts' at the end of this information sheet.

What will you need to bring with you on the day?

Please wear comfortable clothing as you will not need to get changed for the procedure. Please bring the following with you:

- Any inhalers and medication needed, and a list of current medication.
- The completed medical questionnaire.
- Please do not bring any valuables with you, apart from your mobile phone if you wish to.
- If you have an exemption certificate, please bring it with you in case you are prescribed medication.
- You can bring a book or magazine as you could be in the unit for a while.
- Please check with your nurse on arrival for an estimated time for your friend/relative to collect you.
- The waiting areas in the Endoscopy Centre are mixed sex facilities. However, when patients are required to undress, same sex facilities are provided to maintain your privacy and dignity.

Admission to the Endoscopy Unit

Please report to the reception on your arrival. Your family/carer may now leave you if you have capacity and are independent. They will be contacted once you are ready to be discharged. A nurse will then complete the admission process. They will discuss with you the sedation options, the risks and benefits of the procedure, and your consent will be obtained. This is a legal document which confirms your agreement to the procedure and your understanding of its benefits, potential risks and complications. You are still able to withdraw your consent past this point.

We offer a local anaesthetic throat spray and/or conscious sedation. If you choose to have the conscious sedation, a small plastic tube (cannula) will be inserted into your vein to allow the medication to be administered.

If you choose to have sedation a responsible adult will need to collect you from inside the Endoscopy Unit and remain with you for the rest of the day. You will NOT be allowed to drive for up to 24 hours.

Risks and benefits of the procedure

The intended benefits

- No exposure to radiation.
- Better visualisation to aid diagnosis. An opportunity to take a biopsy.
- To treat the cause of bleeding.

Possible risks

- Damage to teeth, caps, crowns and lips.
- Perforation of the oesophagus, stomach or duodenum requiring surgery.
- Bleeding, requiring transfusion of blood or blood products.
- Infection/ chest infection.
- Adverse reaction to any medication given.
- Small risk of missing anything abnormal.

Alternative therapy or treatment

- Barium swallow, which requires the use of X-rays.

What happens during the procedure?

When you go into the endoscopy room there will be an endoscopist and two nurses. You will be settled on a couch and a monitoring device will be placed on your finger. Your throat will be sprayed with a local anaesthetic to numb it and any dentures will be removed. You will then lie on your left-hand side for the procedure. If you have opted to have a sedative, or require it for medical reasons, oxygen will be administered via nasal catheter just inside your nose.

A mouthguard will be placed between your teeth to support the endoscope. Throughout the test, air will be used to inflate your stomach and the nurse looking after you will suction any saliva from your mouth. The procedure should not compromise your breathing but may make you retch a little and can be associated with mild to severe discomfort. It takes approximately 5-10 minutes and when the examination is finished, the endoscopist will remove the air and withdraw the endoscope.

After the procedure

If sedation has been given you will rest in recovery for around 15 minutes to allow the throat spray to wear off, and then be offered light refreshments. If no sedation has been given, you will be able to walk from the procedure room to second stage recovery and, after 15 minutes, light refreshments will be offered.

The back of your throat may feel a little sore for the rest of the day and you may feel a little bloated/windy, also sleepy if you had the sedation.

Discharge

- You will be discharged after 1 hour by the recovery nurse. They will explain the results of your procedure and you will be advised of your treatment plan.
- Biopsy results are returned to your nominated consultant/endoscopist, they **do not** return to the Endoscopy Unit.
- Your visit to the unit may last between 2 and 3 hours.
- Your appointment time will not necessarily be your procedure time, so please be prepared to wait. The reception and nursing staff will keep you informed of any delays.

Medical questionnaire

The next section (on pages 4 and 5) is for you to complete prior to arriving at the Endoscopy Unit. **Please bring this with you on the day of the procedure.**

It is important that you fill it in accurately so that the nursing staff can provide you with the best care possible. If you have any concerns or questions, please call the nurses' enquiry line - see the 'useful contacts' at the end of this information sheet.

Medical questionnaire

HEART	Yes	No
Heart disease		
Valve surgery, angina, heart attack		
When did you last have chest pain.....		
High blood pressure		
Rheumatic Fever		
Stroke		
Circulation (e.g) thrombosis)		
Other		
Did any of above require anticoagulants		
Nursing notes		

LUNG	Yes	No
Lung Condition (e.g. emphysema, asthma)		
Coughing up blood		
Other		
Nursing notes		

LIVER/KIDNEY/URINARY TRACT	Yes	No
Liver Condition (e.g. jaundice, cirrhosis)		
Kidney (e.g. kidney stones, infection)		
Urinary Tract (e.g. infection, blood in urine)		
Nursing notes		

INFECTIOUS DISEASES	Yes	No
TB		
Hepatitis (B or C)		
HIV/AIDS		
MRSA/ Other		
Have you ever been notified that you are at risk of CJD or vCJD for public health service		
Nursing notes		

GASTROINTESTINAL TRACT	Yes	No
Stomach (e.g. ulcers, hiatus hernia)		
Bowel (irritable bowel, polyps, cancer)		
Nursing notes		

OTHER CONDITIONS	Yes	No
Diabetes		
Epilepsy		
Anaemia		
Glaucoma		
Addison's disease		
Nursing notes		

OTHER DETAILS	Yes	No
Dentures		
Hearing Aid		
Glasses/contact lenses		
Body piercing		
Metal joints or any bones pinned		
Are you sensitive/allergic to anything? (e.g. antibiotics/latex/foods/adhesive etc)		
Nursing notes		

LIFESTYLE	Yes	No
Do you smoke		
Do you take any illegal substances?		
Do you drink alcohol (If yes – how many units/week – 21 male/ 14 female)		
Nursing notes		

Have you had any operations? Please give details:

Name of medicine	Dosage (amount)	Number of times taken per day

- Endoscopist has been informed of relevant conditions and medication Yes / No
- Transferred to care plan Yes / No

Next of kin name and address:	Telephone details:

Valuables disclaimer

You are advised not to bring valuables into the hospital. We cannot accept responsibility for lost items.

Patient signature Print Date.....

Primary nurse signature Print Date.....

Please tick the checklist below to ensure you have read all the information and are ready for your procedure:

- I have read this patient information sheet
- I have understood the information provided
- I have completed the medical questionnaire on pages 4 and 5
- I have read the consent form (if given/sent one)
- I am aware of when I should stop eating and drinking
- I have contacted the diabetes nurse (if required)
- I have contacted the anticoagulant clinic (if required)
- I have contacted the nurses with any queries

If you are unsure about anything, please contact us.
Your procedure could be cancelled if you have not followed the instructions properly.

Additional information

To view the Lister and New QEII site maps for navigating your way around our hospitals, please visit our Trust website - www.enherts-tr.nhs.uk

Useful contact details

East and North Hertfordshire NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Endoscopy Unit - Lister and New QEII:

- Lister: Telephone 01438 288603 - Option 1
- New QEII: Telephone 01707 247728

Anticoagulation Clinic

- Lister: Telephone 01438 285335
- New QEII: Telephone 01707 224032

Nurses' Enquiry Line

- Telephone 01438 288603 (please ring between 8am - 10am and 4pm - 6pm) - Option 2

Diabetic Specialist Nurses

- Telephone 01438 284560
- Telephone 01438 284645
- Telephone 01438 284615

This is not an emergency service. Messages left on the answerphone may not be answered for 24-48hrs.



Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

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