

Having a Gastrosocopy

Gastroenterology & Endoscopy Unit

Patient Information Leaflet



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Introduction

You have been advised by your GP or hospital doctor to have an investigation known as a Gastroscopy.

This procedure requires your formal consent.

This booklet has been written to enable you to make an informed decision in relation to agreeing to the investigation.

At the back of the booklet is your consent form.

The consent form is a legal document, therefore please read this information booklet and the consent form carefully. Once you have read and understood all the information including the possibility of complication and you agree to undergo the investigation, please sign and date the consent form. You will notice that the consent form is carbonised, allowing you to keep a copy for your records, please fill it in while it is still attached to this booklet.

REMEMBER TO BRING THE BOOKLET AND CONSENT FORM WITH YOU TO YOUR APPOINTMENT.

If there is anything you do not understand or wish to discuss further do not sign the form but bring it with you to sign after you have spoken to a health care professional.

What is a Gastroscopy?

A Gastroscopy is a test that allows the endoscopist (doctor or nurse performing the test) to look into your upper gastro-intestinal tract. This is done by passing a long flexible tube (gastroscope) through your mouth, passing over your tongue to the back of your throat, down your gullet (oesophagus), into your stomach and into the first part of your small intestine (duodenum). The gastroscope is connected to a television system where pictures of your oesophagus, stomach and duodenum can be seen.

Benefits

By performing a Gastroscopy examination the cause of your symptoms may be found and sometimes we are able to treat them there and then. Pictures (for your medical notes) and samples of the lining of your stomach (biopsies) may be taken with instruments passed down a channel in the endoscope. These procedures are pain free.

Risks

A Gastroscopy is a safe examination but there are risks you need to be aware of. Occasional dental damage can occur, if you have loose teeth please visit your dentist prior to your appointment. Rarely (1 examination in 1000) a complication such as bleeding or a chest infection can occur.

Very rarely perforation can happen. This means a hole (in your oesophagus, stomach or duodenum) and you may need an operation to repair it. If you have a sedative the added risks are nausea and vomiting, becoming over sedated which could reduce your breathing effort and having a prolonged sedative effect.

Alternative treatments

An alternative to a Gastroscopy is a barium meal / swallow. This is an X-ray based test. It does not provide very detailed pictures of your oesophagus, stomach and duodenum. It does not allow biopsies or treatment to be carried out at the same time therefore you may still require a Gastroscopy examination.

Please note

Your appointment time takes into account the time required to admit you to the unit. You should not expect to go immediately through for the test when called. You should expect to be with us for 1-3 hours including waiting and recovery time.

What should I do before attending?

Please make sure you follow the instructions in this leaflet and on your appointment letter. **It is important to inform the unit if you are unable to attend your Gastroscopy appointment. It is important to inform the unit if you are unable to attend your Gastroscopy**

appoint, please telephone the numbers on the back of this leaflet. Your appointment can be given to another person if you do not require it.

Take any medication you are on up to 2 hours before your Gastroscopy with water. If you are taking medication for **DIABETES** please refer to the specific diabetic instructions 'Guidance for managing diabetes for gastroscopy and sigmoidoscopy / colonoscopy (PL/1229). If you have not received a copy of this leaflet, could you please contact us via the phone numbers on the back of this leaflet and request a copy.

If you are having an Open Access Gastroscopy (a routine test referred straight from your GP) you must stop taking acid suppressing drugs 2 weeks before your procedure. These drugs include Omeprazole (Losec), Esomeprazole (Nexium), Lansoprazole (Zoton) and Pantoprazole (Pariet).

You must have nothing to eat for 6 hours before your gastroscopy appointment (except medication). Your stomach needs to be empty to ensure a clear view and to reduce the risk of a chest infection. **You may continue to drink water for up to 2 hours before your appointment time.**

Please bring a list of your medication with you on the day. Leave valuables and jewellery at home where possible, we cannot look after these for you.

What to expect on the day

- Many patients are concerned about the thought of swallowing the endoscope. We would like to reassure you that the test is not painful but you may experience some discomfort.
- You will be able to breathe normally and swallow normally throughout. Before the Gastroscopy the nursing staff will admit you to the unit and fully explain the test to you whilst answering any questions or concerns you may have.
- You will be asked to sign a consent form for the Gastroscopy.
- You will then be taken to a seated area where you will wait to be called into the room for your Gastroscopy. Please note we usually have 5 different lists running simultaneously and this may mean some people will have to wait longer than others, even with the same appointment time.
- In the endoscopy room you will have the Gastroscopy whilst lying on your left side on a trolley. The procedure will be made more comfortable with throat spray to numb your throat or you may choose to be sedated.
- A Gastroscopy lasts approximately 5 minutes.
- Following the test you will be moved to the recovery area for a rest before being discharged home.
- You will be given the results of the Gastroscopy before leaving the unit barring any biopsy results.

Gastroscopy with Throat Spray

- Prior to the Gastroscopy you will be given a throat spray to numb the back of your throat. This reduces the sensation of the scope in your mouth and throat and helps to reduce 'gagging'.
- The endoscopist and nurses will explain things to you during the test.
- You will be able to breathe and swallow normally but it will feel strange.
- You will be able to leave the department when your discharge information is ready (approximately 20 minutes, but this may be longer depending on how many people need discharging at a similar time).
- You should not eat and drink for 90 minutes following throat spray administration to allow the numbness to wear off.
- You may experience a sore throat following the Gastroscopy and some bloating but this will soon settle.
- You do not need an escort with you if you have throat spray but you may wish to have someone accompany you on the day.

Gastroscopy with Sedation

- You will need a cannula (small plastic tube) in your hand or arm through which a mild sedation is given.
- This should relax you but will not put you to sleep, it is **not a general anaesthetic** nor will it numb the throat like the throat spray.
- You will be awake and aware during the procedure with sedation.
- **Sedation may cause loss of memory and judgement for 24 hours after the test. You must not:**

1. Drive

2. Drink alcohol

3. Operate machinery

4. Sign legal documents

- If your job involves any of the above you will need to take the day off work following the sedation.
- You will be able to breathe and swallow normally during the Gastroscopy.
- After the Gastroscopy you will have a rest for about half an hour and will then be offered a drink and biscuits.
- After about an hour you will be discharged with your Gastroscopy results.
- You may experience a sore throat and some bloating following the test but this will soon settle.

You will need a responsible adult to accompany you from the unit because of the effects of the sedation and remain with you for the rest of the day and overnight following sedation.

Instructions for patients with Diabetes

If you have diabetes, please read the 'extra' leaflet sent alongside this leaflet.

This leaflet is specific to controlling your diabetes through the various procedures available within our unit and you will have been sent the one that corresponds with your specific procedure it will be one of the below leaflets:

- Guidance for Managing Diabetes for Sigmoidoscopy / Colonoscopy
- Guidance for managing diabetes for gastroscopy and sigmoidoscopy / Colonoscopy
- Guidance for managing diabetes for Gastroscopy /EUS / ERCP

This will give you clear instructions on what to do with your medication (including insulin) during the preparation for your test.

If you have not received a copy of this leaflet, could you please contact us on the phone numbers list on the back page of this leaflet and request a copy.

Frequently asked questions

How long does the procedure take?

A gastroscopy usually lasts between 3 and 10 minutes. You will be in the department for between 1 and 3 hours

Does it hurt?

The test is uncomfortable but should not hurt. A numbing throat spray or sedation is available to make the test more comfortable.

Do I have to have it done?

No the choice is yours, see page 5 for alternatives and the reason why this test is appropriate.

Can I take my tablets as normal?

Yes. Please take medications with a small amount of water at you usual time. Diabetic patients please read page 10 for diabetic medication instructions.

Will I be put to sleep for this procedure?

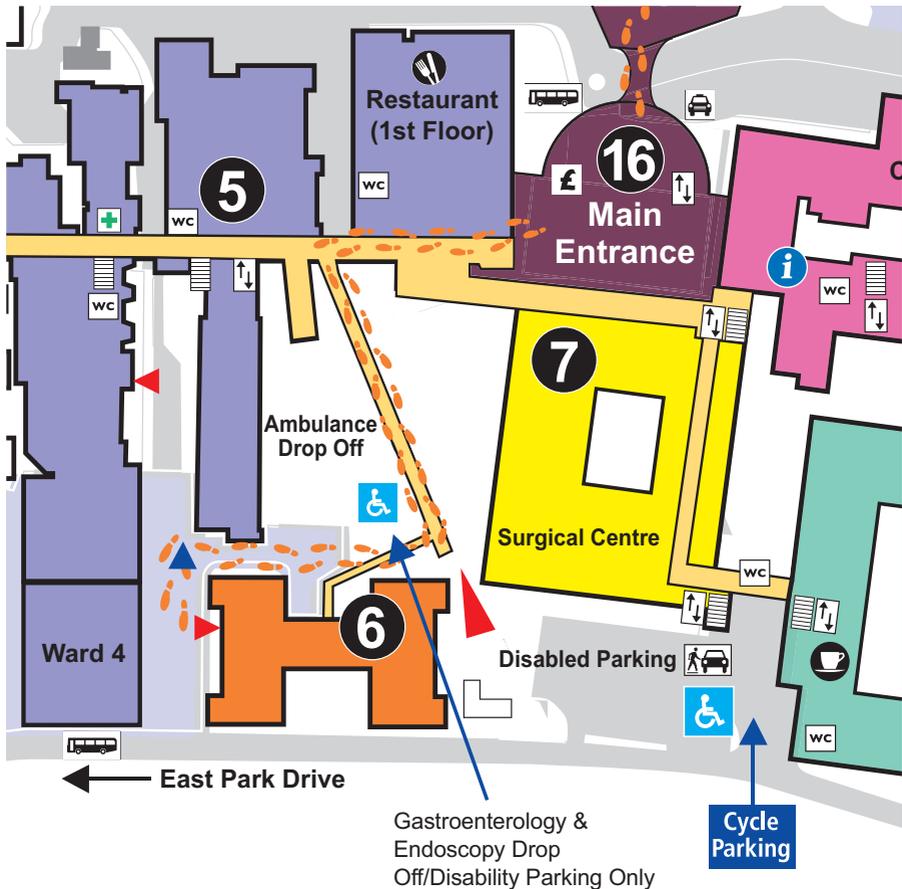
No. A relaxing sedative is offered if your circumstances permit but you will be aware of the procedure.

Do I need to change for the procedure?

No. Please wear comfortable clothing. You will be wearing the clothes you arrive in for the procedure.

**If you need advice following your procedure please contact:
The Gastroenterology Unit between 7.45 am to 6.00 pm
weekdays via the phone numbers listed on the back page of
this leaflet.**

Gastro Unit Location Map



Access from the main hospital multistorey car park

We are located in Area 6/Gastroenterology & Endoscopy Unit, highlighted in orange on the main hospital map. Follow the signs for the Main Hospital up the escalator/lift towards Area 6, second corridor on the left. Follow the signs down the link corridor, exit to the right via the side door (external) which is sign-posted for Patient Entrance to Reception.

Access for drop off/collection only & disability parking

Enter via East Park Drive and follow the road up the hill, take the second left sign posted for Gastroenterology & Endoscopy Unit Drop Off Only, follow the road round to the right.

Your consent form will fold out from the next page

Please read page 3 regarding completion of your consent form.

Other sources of information:



Gastroenterology & Endoscopy Unit
General Bookings Tel: 01253 956584
Nurse Bookings Tel: 01253 956078
Reception Tel: 01253 953011



Hospital switchboard
Telephone: **01253 300000**

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives.



You can contact them via tel: **01253 955589**
or by email: **bfwh.patientrelations@nhs.net**



Further information is available on our website:
www.bfwh.nhs.uk

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: **01253 955520**



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