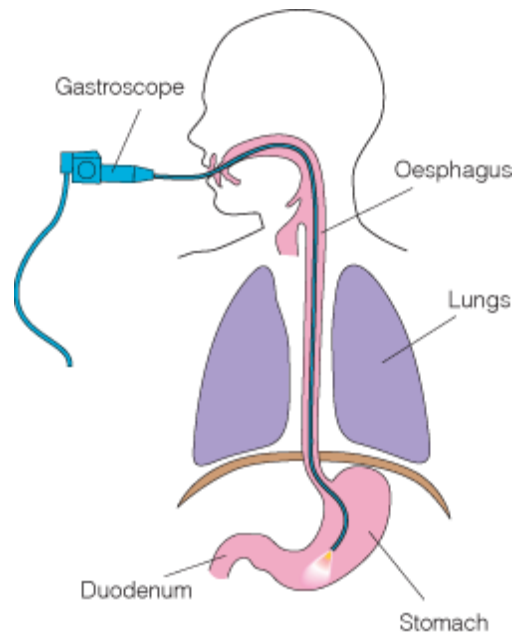




Patient Information Having a Gastroscopy (OGD)

What is a gastroscopy?

A gastroscopy is the examination of your oesophagus (gullet), stomach and the first part of your duodenum (small bowel) using a flexible tube with a camera at its tip (endoscope). The test usually takes between 5 and 10 minutes.



What are the alternatives?

A barium swallow or barium meal can be used instead of a gastroscopy. Although it is less invasive, it does not provide such detailed pictures of the lining of the oesophagus and stomach and biopsies cannot be performed at the same time. You may still need a gastroscopy.

What are the risks?

The major risks and complications include a sore throat, damage to your oesophagus or stomach, which may require an operation, bleeding and damage to your teeth. It is also important to know that there is a small chance that a serious problem, including cancer, may not be picked up.

Incomplete gastroscopy occurs if the test is abandoned due to technical difficulty or because it was causing you too much distress. You may then require an alternative procedure to examine the oesophagus and stomach.

How do I prepare for the procedure?

It is essential that you have **nothing to eat for SIX hours before** your appointment. However, you can drink water up to 4 hours before your appointment time.

What should I expect?

Prior to your test you will be seen by a qualified nurse who will go through the pre-assessment or admission process with you. A doctor will also speak to you before your procedure. This will give you the opportunity to ask any questions.

It will not be necessary for you to undress for the gastroscopy but you will have to remove dentures and tongue/lip piercings.

Consent

Your written consent will be needed prior to the test and it is important that you read the information about the procedure **BEFORE** coming on the day of the test. This will ensure that you have had time to understand the test. A nurse and the endoscopist will go through the procedure with you again.

Even if you have provided written consent, you are able to change your mind at any time, even during the procedure.

What happens in the procedure room?

You will be asked to confirm your name, date of birth and any allergies. Once in the procedure room the nurses will do all they can to make you feel comfortable. You will lie on a trolley and a monitor will be attached to your finger to record your heart rate, oxygen levels and blood pressure will be checked. If you are having sedation, a pair of small prongs will be inserted into your nostrils to supply oxygen throughout the procedure. If you are having local anaesthetic throat spray this will be given. You will then lie on your right-hand side. There is a nurse at your side at all times to reassure you.

A plastic mouthpiece will be placed gently between your teeth or gums, in order to keep your mouth open. When the endoscopist passes the endoscope through the mouthpiece and into your stomach, it will not cause pain but may be a little uncomfortable. It will not interfere with your breathing at any time. During the test some air will be passed down the endoscope to distend the stomach and allow the endoscopist a clear view. Most of the air is sucked out at the end of the test. When the examination is finished the endoscope is removed quickly and easily. The actual procedure should last less than 5 minutes.

During the procedure the endoscopist may take a small tissue sample (biopsy) to be analysed under a microscope. This is a painless procedure.

The majority of people can manage this test using local anaesthetic **Throat spray**. This is a local anaesthetic which is sprayed onto the back of your mouth to numb the back of the throat and help to make it less sensitive (this is a good option for you if you are concerned about gagging during the test). You will not be able to eat and drink for an hour after the test. You can drive and go about your normal activities immediately after the investigation.

If for a particular reason you feel that you need to have sedation for this test (a medicine which will make you drowsy but does not 'put you to sleep') this will need to be discussed with your nurse on admission. Please be advised that sedation means you **must** have

- **Someone to take you home**
- **You should not travel on public transport**
- **You will need someone to stay with you for you 24 hours after the test**
- **You must not drink alcohol, operate machinery, sign legal documents or drive for 24 hours after the test**

What happens after the procedure?

If you have had throat spray

You will be able to go home after the nurse has explained the results of the test. You should not have anything to eat or drink for an hour after the throat spray until your throat returns to normal.

If you have had sedation

You will be transferred to our recovery area and will rest quietly on a trolley cared for by the nurses until the effects of the sedation have worn off. You may feel a little bloated but this will settle quickly. Your heart rate, oxygen levels and blood pressure will continue to be monitored for a short while.

You will then get dressed and your cannula will be removed. A nurse will explain the results of the procedure and give you written discharge information. You will need to have a responsible adult collect you and stay with you for 24 hours because of the lasting effects of the sedation.

You will be given a discharge information / advice sheet when you go home. **If biopsies were taken during your procedure or if we refer you for another investigation in your local hospital then you will receive a letter from the Eastwood Endoscopy Centre informing you of the results.**

Who do I contact if I have any questions or concerns?

Please contact the Endoscopy Unit on 01702 524984

Opening hours Monday – Saturday 8am to 6pm excluding Sundays and Bank Holidays

During these hours a clinician or nurse will be available to speak to you.

or

In case of an emergency please contact your GP, call NHS 111 or attend your local A/E Department.