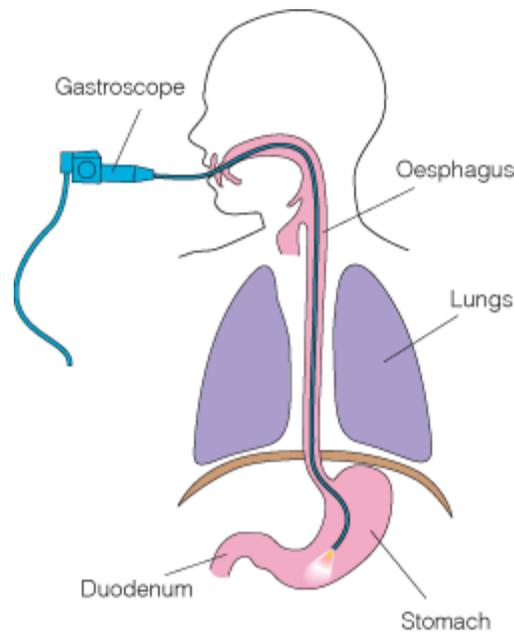




Patient Information Having a Gastroscopy (OGD)

What is a Gastroscopy?

A Gastroscopy is a test, which allows the endoscopist to look at your oesophagus (gullet), stomach and the first part of your duodenum (small bowel). A long thin flexible tube about the thickness of your little finger with a camera built into its tip, called an endoscope, is used for this procedure.



What are the Alternatives?

Depending on your symptoms, it may be possible to diagnose your condition using different or additional tests, such as an X-ray called a barium swallow or barium meal.

Preparing 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.

Medicines and medical conditions

It is important you bring a list of your current medication with you so that you can give it to the nurse on arrival. If you have a latex or other allergy please inform staff of your allergy when discussing your procedure.

What should you expect?

You will be assessed by a nurse prior to your test and any questions answered.

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

In the endoscopy room you will be made comfortable on a couch, lying flat on your left side. A nurse will stay with you throughout the test. 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 **Throat spray**. This is a liquid 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 up to 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 with you to take you home and **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 test?

If you have had throat spray

You will be able to go home after the doctor / 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 go to recovery where you will be monitored, once you have recovered you will be given your results by the doctor / nurse and you will be able to go home. You will need to have someone to escort you home as you should not use public transport. Sedation makes you drowsy and the effects can last up to 24 hours. You will be able to eat and drink as normal an hour after the test.

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.**

WHAT ARE THE RISKS/COMPLICATIONS?

Side effects of this procedure are usually minimal, sometimes patients may feel bloated and / or have a sore throat for the rest of the day. This can be relieved by normal pain killers.

The possible complications of a gastroscopy include the possibility that the oesophagus, stomach or intestine may be damaged or, in rare and extreme cases, perforated during the procedure. This can lead to bleeding and infection, which may require treatment with medicines or surgery.

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

Please contact the Endoscopy Unit on 01702 524984 or in case of an emergency please contact your GP, call NHS 111 or attend your local A/E Department.