

## Gastroscopy

### What is a Gastroscopy?

This is a procedure in which a flexible endoscope (camera) called a gastroscope is passed through the mouth and over the tongue into the gullet, the stomach and the first part of the small bowel, called the duodenum. It gives a clear view of the lining of the gastro-intestinal tract allowing the Endoscopist to make a diagnosis.

### Preparing for the procedure

Medication that stops your stomach producing acid should be stopped for 14 days before your Gastroscopy, eg. Ranitidine (Zantac), Pantoprazole (Protium), Lansoprazole (Zolton), Omeprazole (Losec), Esomeprazole (Nexium).

If your procedure is in less than 14 days you can continue to take these medications.

If you have ever been diagnosed with **Barrett's Oesophagus** or if this is a rescope to check for **healing ulcers** or **oesophagitis DO NOT STOP** these medications.

**You need to fast, but you can have clear fluids (no milk) until two hours before your procedure.**

### Pre procedure check list

- Please bring your medication list with you.
- You can take Gaviscon, Peptac or Rennies as normal.
- Stop eating 6 hours before your appointment.
- **Clear** fluids (no milk) can be taken until **two hours** before your procedure.
- Bring a book/magazine to read.
- If you choose to have **sedation** please arrange for **someone to drive you home and stay with you overnight.**
- Please bring your insulin, dextrose tablets, diabetes tablets, inhalers and heart medication with you to take after your procedure, as necessary.
- If you need an interpreter please telephone Endoscopy Bookings to arrange on 01733 677433 or 673981.
- If you are taking any Anti-Coagulation Therapy (medicine to thin your blood) please telephone the Nursing Team on 01733 673945 or 673944.

All diabetic medications to be omitted when not eating.

**Please be aware on the day of your gastroscopy you may be in the unit for up to three hours.**

### The procedure

A nurse will stay with you throughout your procedure, a mouth guard will be placed between your teeth to keep your mouth slightly open, allowing the gastroscopist to pass into your mouth. Air is used to inflate the stomach. If you have a lot of saliva in your mouth, your nurse will use suction to remove it.

The Endoscopist may take biopsies (samples of tissue using tiny forceps). This is a painless procedure.

A gastroscopy usually lasts 5-10 minutes.

### After the procedure

If you have had sedation, you will be taken from the treatment room to the recovery area where you will rest on the trolley. After approximately 30 minutes you will be taken to the discharge area.

If you have not had sedation, you will go directly to the discharge area.

You may use your mobile in the discharge area or the nurse can contact your lift when you are ready. We will also offer you a hot or cold drink.

If you require an outpatient appointment this will be sent by post.

### Possible complications

All procedures of this nature carry a small risk of bleeding or perforation to the mucosal lining.

- Risk of perforation 1 in 3000; if a perforation occurs you may need a blood transfusion or a surgical operation.
- Chest infections are very rare, there is a small chance of aspiration (inhalation of fluid onto the lungs)
- There is also a slight risk to crowned teeth or dental bridgework from the procedure.

We aim to complete a full endoscopy and take pictures, due to anatomy of the gut lining there is a small chance we may miss any small lesions.

### Sedation / local anaesthetic?

You may choose to have local anaesthetic throat spray and/or sedation during the procedure to help with any discomfort.

**Local anaesthetic:** makes your mouth and throat feel numb, it reduces the gag reflex, with minimal side effects, and the effect wears off at around 30 minutes. You are able to drive and continue your day as normal.

**Sedation:** this relaxes you, but does not put you to sleep. It stays in your system for up to 24 hours.

If you have sedation you **must** have someone to drive you home and stay with you for 24 hours.

## **Other Information**

The unit is located in Core A on level 1 and is sign posted “Endoscopy”. Please make your way to the Day Treatment Unit (DTU) waiting room and check in at the reception desk.

**If you may be pregnant, please contact the unit as soon as possible.**

If you have any question you may contact the Endoscopy Unit between 8am – 6pm weekdays:

## **Nursing Enquiries**

Tel: 01733 673945

Tel: 01733 673944

## **Booking Enquiries**

Tel: 01733 677433

Alternatively you can find more information at our website address:

[www.nwanliaft.nhs.uk](http://www.nwanliaft.nhs.uk)