

GASTROSCOPY

What is a Gastroscopy ?

Gastroscopy is a procedure which allows the doctor to examine the inside of your gullet, stomach and duodenum and take samples from the lining (called biopsies) or to undertake certain treatments if necessary.

When is a gastroscopy necessary ?

If you suffer from stomach pains, heartburn, difficulty swallowing, anaemia or unexplained weight loss.

What preparation is necessary ?

- **Nothing to eat or drink from midnight for a morning appointment.** However, if you normally take tablets for your heart or blood pressure please take these with a sip of water in the morning.
- **Nothing to eat or drink from 7am for an afternoon appointment.** If you usually take any tablets in the morning please take these before 7am.
- It is important that you notify the staff about any medication you are taking, especially **Warfarin, Insulin or Diabetes tablets**, if you have any allergies, if you have an artificial heart valve or joint replacements.

Following an explanation of this procedure, you will be asked to sign a consent form with the Doctor agreeing to have a gastroscopy.

Who will be there during the procedure ?

The doctor and 2 nurses.

Will I be awake during the procedure ?

Yes, but you may be given a sedative prior to the examination if you choose. This will make you feel relaxed and sleepy. You will be given throat spray to numb your throat.

What happens during a gastroscopy ?

You will be asked to lie on your left side. If you are given an injection in your arm, you will feel sleepy. A flexible tube (called a gastroscope) will be passed gently into your mouth, over your tongue and down the gullet to the stomach and into the first part of the small intestine. The doctor will examine any problem areas and may take photographs and biopsies.

How long does it take?

Your actual procedure takes between 5 and 10 minutes approx. However please note that your appointment time is when your initial assessment will be done with one of the nurses. **Following this please allow for up to three hours for the completion of your appointment.**

What will I feel ?

You may feel soreness in your throat and / or a full feeling in your stomach.

Are there any risks ?

Gastroscopy is a safe procedure in which complications are rare. There is a rare risk (less than 1 in 1000) of bleeding or perforation of the oesophagus or intestine, which may require surgery.

All intravenous sedation carries a potential risk. Please discuss any concerns with the doctor.

After the gastroscopy ?

You will be encouraged to have a sleep after the procedure.

When can I go home ?

If you choose to have throat spray only, outpatients may go home after receiving the information you need. You cannot eat or drink for 1 hour after the throat spray.

If you choose to have sedation, outpatients may go home approximately 1 –2 hours after the test.

If you are given sedation for this procedure, you MUST NOT drive, use machinery or undertake any other hazardous activities for at least 12 hours.

If you have had sedation then you must **arrange for someone to take you home after the procedure. They must pick you up from inside the Gastroenterology Department on the 1st floor.** It is preferable to have someone stay with you for the rest of the day. This dept closes at 5pm, please arrange to be picked up before this time.

Will my doctor get a report ? Yes. Will I get a report? Yes.

IF YOU NEED A TRAINED INTERPRETER – PLEASE TELL YOUR NURSE OR DOCTOR	
Maori	Memea kaore koe e mohio ki te korero whaaki ngai ki te takuta (korero)
Samoan	Afai ete le malamalama ile gagana fa'a peretania f'amolemole talanoa ilau form'l
Tongan	Ka'olu 'ikai ke mahino kiate koe 'a e lea fakapilitani fakamolemole 'o tala ki ho'o toketa
Cook Island	Me kare koe e marama I te tuatua papaa e akakite mai ki te taote
Vietnamese	Neu quy vi can thông dịch viên thánh thao xin hoi nhân viên bệnh viên
Chinese (Mandarin)	假若你不懂英語, 請告知醫生或護士 .
Niuean	Ka ai iloa poke ai maama e kow e vagahau faka peritania fak amolemole talaage ke he ekekafo (toketa)
Korean	통역사의 도움이 필요하시면 간호사에게 부탁하시면 됩니다.