



# ENTEROSCOPY

## What is an enteroscopy?

Enteroscopy is a procedure using a long thin flexible tube which allows the doctor to examine the inside of your stomach, gullet and small bowel. You may have had a similar procedure called a gastroscopy. It is possible to take samples from the lining (called biopsies) or to undertake certain treatments if necessary through the enteroscope.

## When is an enteroscopy necessary?

It is usually used to examine the bowel to find a cause for anaemia, blood loss from the bowel or abdominal pains.

## What preparation is necessary?

- **Nothing to eat or drink from midnight for a morning appointment.** However, if you usually 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 by both nursing staff and the doctor, you will be asked to sign a consent form with the Doctor agreeing to have the enteroscopy.

## Who will be there during the procedure?

The doctor and at least 2 nurses.

## Will I be awake during the procedure?

Yes, but you will be given a sedative prior to the examination. This will make you feel relaxed and sleepy, so that you may not remember the test. You will also be given throat spray to numb your throat.

## What happens during an enteroscopy?

You will be asked to lie on your stomach with your head turned to the left side. After you are given an injection in your arm, you will feel sleepy. A nurse will insert a mouth guard to protect your teeth and give oxygen. The staff will monitor your pulse and oxygen levels during the procedure.

The enteroscope will be passed gently into your mouth, over your tongue and down the gullet to the stomach and into the first parts of the small intestine. Then a flexible overtube will be slid gently over the scope and into your stomach. This is to keep the enteroscope from bending too much. The doctor will examine any problem areas in your bowel and may take photographs, biopsies etc. Sometimes a special X-ray machine will be used to take pictures of your bowel during the test.

## How long does it take?

Your actual procedure takes between 20-30 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.**

## Are there any risks ?

Enteroscopy 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. There is also a small risk of swallowing saliva or fluid down the wrong way into your lungs and getting a chest infection. All intravenous sedation also carries a very small potential risk. Please discuss any further concerns with the doctor before the test.

## After the enteroscopy?

You will be encouraged to have a sleep after the procedure. Nurses will check your pulse and blood pressure. When you have woken fully and the throat is no longer numb, you will be given something to drink.

## When can I go home ?

After having sedation, outpatients may go home approximately 1-2 hours after the test. **As you are given sedation for this procedure, you MUST NOT drive**, use machinery or undertake any other hazardous activities for at least 12 hours.

**You must arrange for someone to take you home after the procedure. They must pick you up from inside the Gastroenterology Department on the 1<sup>st</sup> 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.**

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