



Patient Information

Gastroscopy

Please speak to a member of staff if you need this leaflet in
large print, or another language

Contents

Introduction.....	3
Your appointment.....	3
What is a gastroscopy?	4
What are the benefits and risks to a gastroscopy?	5
Other options to a Gastroscopy.....	5
Preparation Instructions.....	6
What about my medication?	6
Your gastroscopy procedure	7
Medication options for gastroscopy	7
During your procedure	7
After your procedure	8
Going home.....	8
Your medication after the procedure	9
When will I know the results?	9
Concerns or questions	9
Sources of information and support.....	9
Free Bus Service	10
How to find us:	10

Introduction

Your Specialist has recommended that you have a gastroscopy to investigate your symptoms.

You will be asked to attend either Royal Stoke Hospital Endoscopy Unit or County Hospital Endoscopy Unit.

Your appointment

- Please check your appointment letter before attending to make sure you attend the correct site.
- **If you request sedation, your procedure will be cancelled if you do not have an escort arranged to take you home. The escort will also need to stay with you for 12 hours once you return home.**
- As you will need to see the Nurse first, the time you are given to attend is not the time of your gastroscopy.
- The time is approximate due to different procedures taking different time periods.
- Emergency procedures will take priority.

Expect to be in the unit for approximately 3 hours.

Endoscopy appointments are in high demand so if you are unable to attend your appointment, please contact the Endoscopy Unit as soon as possible

Tel: 01782 676010

This will allow your appointment to be offered to another patient.

If you call to cancel your appointment, you will need to provide:

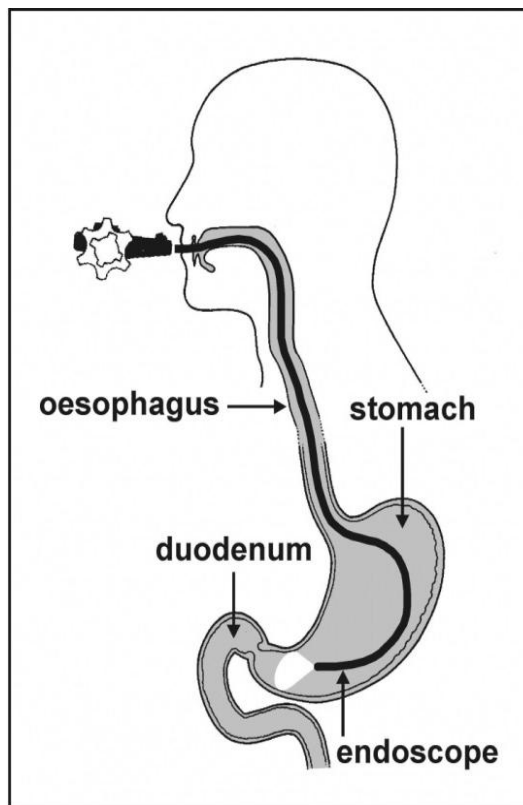
- Your full name.
- Date of birth.
- Date of your procedure.
- Contact telephone number.

You are advised to discuss with your Doctor the implications of not having this procedure.

What is a gastroscopy?

A gastroscopy (or simple endoscopy) is a test which allows the Doctor/Nurse Specialist (Endoscopist) to look directly at the lining of the oesophagus (gullet), the stomach and the first part of the small intestine (duodenum).

Diagram to show the procedure



- A thin flexible tube called a gastroscope is passed through your mouth. The digital camera it contains transmits pictures to a monitor.
- A biopsy (small piece of tissue) may be taken using tiny biopsy forceps. This does not cause any pain.
- A gastroscopy takes approximately 5 to 10 minutes.

What are the benefits and risks to a gastroscopy?

The procedure helps to investigate what is causing your digestive symptoms and, in some cases, can be used to treat them.

A Gastroscopy does have some risk but major and serious complications are rare. These risks will be discussed with you before you sign the consent form.

These can include:

- A mild **sore throat**.
- **Aspiration**. This is where fluid/food residue could go into your lungs.
- **Bleeding** can happen after taking a biopsy however, this should stop quickly within a few days.
- **A perforation (tear in the food pipe, stomach or intestine)**. The risk of perforation is less than 1 in 1000. If a significant bleed or perforation were to happen, further treatment may be required such as a blood transfusion or surgery.
- **Reaction to medication** for example, sedation and painkillers.
- Small chance of **Damage to your teeth**, caps, crowns or bridges. This can happen if you bite hard on the mouth piece needed to keep your mouth open during the procedure.
- **Missed pathology**. This is where a diagnosed was not noticed.

Are there any alternatives to a Gastroscopy

Another option is to have a barium meal. This is when you have an x-ray after drinking some barium liquid (a white liquid that shows on x-rays).

As x-rays do not pass through barium, the outline of your stomach appears on the x-ray picture.

A barium test involves radiation and is less accurate than a gastroscopy. We cannot remove samples (biopsies) of the gut or polyps (small growths) during a barium meal. This means that you might still need a gastroscopy. You might also still need a gastroscopy if we find anything unusual.

Preparation Instructions

On the day of your procedure	Unless you are told otherwise, no food for SIX HOURS before your appointment. Please stop drinking clear fluids TWO HOURS before your appointment at the hospital (NO MILK).
What should I bring on the day?	• If you are diabetic please bring: your insulin or tablets. • Your prescription medication. • Your reading glasses so that you can read the consent form. • Contact details of your escort/relative collecting you.
When you arrive If need someone to support you through-out your stay with any care needs, please call the unit to arrange it.	Please report to the Endoscopy Reception. You will be greeted by a Nurse and then: • You will be asked several questions about your health and current medication. • Your blood pressure and pulse will be taken. • You may be asked to sign a consent form. • A cannula (small needle) will be inserted so intravenous medication can be given. • Please talk to us about any worries or concerns that you may have.

What about my medication?

- Please tell us if you take anti-platelet medicines or anticoagulant medicines to prevent blood clots. Examples of these medicines are clopidogrel, warfarin, rivaroxaban, apixaban, edoxaban and dabigatran. Please contact the Endoscopy Unit Tel: 01782 676010.
- There is no need to stop low dose aspirin, for example, 75mg/day.
- If you are diabetic, please contact your Diabetic Nurse Specialist for advice.
- If you have any other concerns about your medication, please seek advice from your GP.

Your gastroscopy procedure

The procedure will take place in the Endoscopy theatre.

- You will be kept as comfortable as possible.
- You will need to lie on your left side.
- A Nurse will stay with you throughout the procedure.
- Each stage of the procedure will be explained to you as it happens.
- Your oxygen levels and pulse will be monitored as well as your level of comfort.
- You may be given oxygen during the test, through little prongs that fit just inside your nostrils.

Medication options for gastroscopy

- **Local anesthetic spray.** This is sprayed to the back of your throat which numbs the area and makes it easier to pass the tube. This also reduces retching.

And/ Or

- **Moderate sedative (Midazolam) and in some cases a strong painkiller (Fentanyl).** This method will help you to relax but it is not a general anesthetic. This is given through a small needle placed in a vein on the back of your hand. This can affect your breathing so you will be monitored during the procedure and given oxygen.
- **Deep Sedation (Propofol)** is only available in exceptional circumstances and requires an anesthetist to be present. This will have been discussed with you by the Consultant or nurse before your procedure.

During your procedure

- Your throat will be sprayed with local anesthetic which numbs the back of your throat. The sedation will then be administered if you request it.
- A plastic mouth guard will be placed gently in your mouth.
- The endoscope will be passed across the top of your tongue to the back of your throat.
- It will then be passed down the gullet, into the stomach and the small intestine. It is normal if you feel bloating during this.

- Biopsies can be taken which is painless.
- If you get saliva in your mouth, the nurse will clear this using a suction tube.
- The endoscope is removed slowly taking some air out.
- The mouth guard will be removed. A tissue will be provided to wipe your mouth.

After your procedure

- You may feel bloated because air remains in your stomach. This will settle as you pass wind.
- Your blood pressure and pulse will be monitored.
- If you have been given intravenous sedation you will need to rest in the recovery area until you are fully awake (usually one hour).
- If you have had throat spray without sedation, you can be discharged once you feel ready.

Going home

If you have received intravenous sedation:

This impairs your reflexes and judgment so it is important that a responsible adult escorts you home and stays with you for 12 hours. Please note that your procedure will be cancelled if you do not have an escort. We cannot escort you home.

For 24 hours after the procedure you must not:

- Drive.
- Operate machinery.
- Drink alcohol.
- Sign legal documents.

You will be given any written information that you need when you leave the hospital.

Your medication after the procedure

We will talk to you about your medication after the procedure and before you go home in case changes to your medication are needed.

When will I know the results?

You will be told about the results when you are ready to be discharged and provided with a copy of the report. A copy will also be sent to your GP or whoever referred you.

It is suggested that when you receive your results, you have your escort or relative with you in case you forget any information due to the sedation you have received.

Concerns or questions

For further advice please contact the Endoscopy Unit between 8am and 5pm Monday to Friday:

Endoscopy Unit Tel: 01782 676010.

Please leave your contact number, full name, date of birth and date of your procedure as this is a voicemail facility. We will return your call as soon as possible.

Sources of information and support

For further information (including videos of what to expect during your appointment), please visit our website:

www.uhnm.nhs.uk/our-services/endoscopy/

Free Bus Service

There is a free shuttle bus service between Royal Stoke and County sites. Members of the public who wish to use this service are required to pre-book their journey in advance:

Shuttle Bus booking line Tel: 01782 824232

How to find us:

County Hospital (formerly Stafford Hospital), Weston Road, Stafford, ST16 3SA. Tel: 01785 257731 Endoscopy Unit is on the ground floor.	Royal Stoke Hospital, Newcastle Road, Stoke-on-Trent, ST4 6QG. Tel: 01782 715444 Endoscopy Unit is on lower ground floor 1.
--	--

Please note car parking charges may apply.