



Luton and Dunstable
University Hospital
NHS Foundation Trust

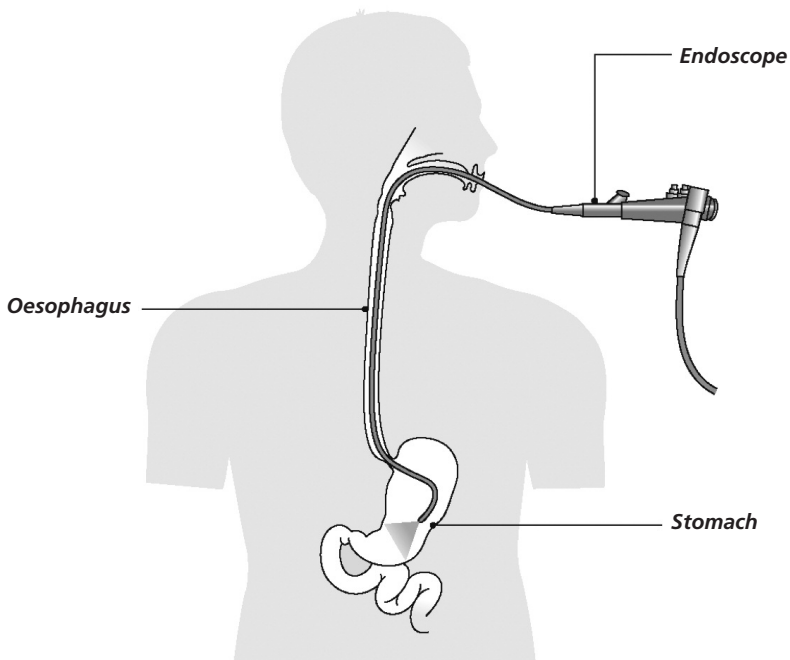
Gastroscopy

Endoscopy Department

PATIENT NUMBER

This information leaflet is for patients who are having an examination of the oesophagus, stomach and duodenum, known as a gastroscopy. The leaflet explains the reasons for the examination, what is involved and any possible risks or side effects.

A **gastroscopy** is an examination of the inside of the oesophagus (gullet), stomach and duodenum, using a long flexible instrument called a gastroscope. An image is projected from the tip of the gastroscope onto a screen.



Reasons for having this examination:

- **Diagnostic** – so the doctor or nurse specialist can see any abnormalities
- **Investigative** - small samples (biopsies) can be taken from the lining of the oesophagus, stomach or duodenum for laboratory tests
- **Treatment** – some polyps (small bumps in the lining) or other abnormalities can be removed
- **Surveillance** – to re-examine any previous problems

Preparation for the examination:

For this examination to be successful, the stomach must be as empty as possible. It is important to have nothing to eat for 8 hours before the test but you can drink clear fluids up until 2 hours before the appointment, then nothing further.

If you have **diabetes**, or you are taking **anticoagulants** (blood thinning medication) such as **Warfarin, clopidogrel, ticagrelor, dabigatran, rivaroxaban, edoxaban** or **apixaban**, you will be given specific instructions in advance. Patients who continue to take Warfarin, or who have stopped Warfarin just before the test, will need to have a blood test on the day in the unit.

Please read and complete your **medical assessment form** in advance of your procedure. You will also be sent a consent form which a nurse will go through with you on the day. Before the procedure you should continue to take any other necessary medications.

If you require any additional access or support, please call our Endoscopy reception on **01582 497298**.

On arrival at the hospital:

- Please **go straight to the Endoscopy Unit** and ring the doorbell to let the staff know that you have arrived
 - **Procedure times can be unpredictable** so you may have to wait a while, it is a good idea to bring something to read
 - **A nurse will go through your medical history** with you, while also checking your pulse, blood pressure, oxygen levels, blood sugar (if diabetic) and clotting (if on anticoagulants). They will ask any necessary additional questions and you will have the chance to ask anything you may want to know
 - **The nurse will go through your consent form with you**, to confirm that you understand the procedure and agree to go ahead with it, and the form should be signed
 - Before the test is started you will be asked to **remove dentures, spectacles and contact lenses**
 - You do not need to change but should remove your coat or jacket. You will then wait in the reception area until you are taken through to the examination room
 - **A nurse will remain with you throughout** the examination
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The examination:

You can choose from the following options having first discussed them with the nurse:

1. A local anaesthetic throat spray (that numbs the throat); OR
2. An injection of sedative into a vein to make you relaxed. Sedation may also make you feel sleepy but for most patients it induces sleep after the examination, rather than during it; OR
3. Both of the above

While you are lying on your left side on the examination bed, a small mouthpiece will be placed in your mouth and the doctor or nurse specialist will gently insert a small flexible tube into your stomach. This is not painful and will not make breathing or swallowing difficult.

The stomach will be gently inflated with air to expand it so that the lining can be seen clearly. Most of the air is sucked out at the end of the test.

A biopsy (a small sample tissue) may be taken during the examination and sent to the laboratory for further tests.

At some point the nurse may need to clear saliva from your mouth with suction. If you are having sedation, oxygen may be given through a soft flexible nose tube if necessary.

Afterwards the gastroscope is removed quickly and easily.

After the examination:

- If you had a **sedative** injection you will rest for about an hour in the unit and then be offered refreshments
 - If you had the **local anaesthetic throat spray** you can have refreshments as soon as your swallowing is back to normal (usually after 20 minutes).
 - The nurse will tell you the result of the examination before you go home, and then you may be given a paper copy of it. Any biopsy results will take longer.
 - A report will be sent to your GP with the results and we will send you any biopsy results.
 - Individuals are unable to donate blood for 4-6 months following any endoscopic procedure.
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Going home:

If you had the **sedative injection**, you must have a responsible friend or relative to take you home and stay with you for 24 hours. If this is a problem, please telephone the department as soon as possible (phone number in your appointment letter).

You must not drive, drink alcohol, operate machinery or make important decisions for 24 hours following the test.

OR

If you only had the **local anaesthetic throat spray**, you may return to your normal activities straight away

- You may have a mild sore throat but this will pass and is nothing to worry about
 - You may feel a little bloated from some air left in the stomach. Again, this will pass and you should not need to take any medicine.
 - You can eat and drink as normal.
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The risks

This examination is safe but all procedures of this nature can carry a very small risk of:

- **Perforation** (a small tear) of the oesophagus or stomach wall. This is a very rare (3 in 10,000) occurrence but may need an operation to repair it.
- **Bleeding** can occur (risk is less than 1 in 10,000) but is more likely to follow a biopsy. This usually settles down and very rarely needs admission to hospital but you may need to come back if it does not stop.

If you have any concerns about these risks, please speak to the Endoscopy staff before the examination.

There is no alternative test of similar quality to a gastroscopy.

For further information

If you have any questions please contact us between 8am–6pm on **01582 718486**. Alternatively, you can call our **24 hour emergency advice line** on **07815178199**.

