



Harfield House, Kingsbury Tel 683 3893

YOUR GASTROSCOPY - SOME INFORMATION PLEASE READ PRIOR TO THE PROCEDURE

What is a Gastroscopy?

A gastroscopy is an examination of your stomach. But on the way we examine you from the back of your mouth right down the oesophagus which runs inside your chest into your stomach. We examine beyond your stomach into the first part of the gut called the duodenum.

How is it done?

The back of your throat is numbed with a spray. We slide the gastroscope down the back of your tongue into the throat and stomach. You are comfortable and sedated and the attending sister is helping you all the time while the examination is done.

What happens before the procedure?

You will be welcomed to the rooms by the nurses or the receptionist. We will check that you have not had anything to eat or drink for at least 6 hours so that your stomach will be empty. You will be asked about any medicines or drugs you may be taking. Please tell the nurses of any allergies to drugs or dressings. You will be asked to sign a consent form agreeing to the gastroscopy. You will be seen by the doctor who will be doing the procedure. He will check that all the necessary preparations have been made.

What happens during a gastroscopy.

Your throat will be sprayed with a local anaesthetic spray.

The procedure is performed under **CONSCIOUS SEDATION**. This means that an intravenous line (a drip) is inserted and a sedative plus a pain-relieving drug will be administered to make you more relaxed during the procedure. Your vital signs are monitored and you may be given oxygen to maintain a normal blood oxygen concentration. You will probably be fully conscious during the procedure but you may remember very little about it afterwards. You will be turned to lie on your left side. You will be given a plastic tooth guard to bite on. Then the gastroscope is passed slowly down the back of your tongue. It tickles and makes fizzing noises. You will be asked to swallow once or twice to get the tube started on its journey down the back of your throat.

You will be able to breathe normally, but you will find it difficult to talk because of the tube. You may feel your tummy swelling a little with wind as we blow air down the gastroscope to get a good view. You may even burp loudly. This is normal. The swelling soon passes off. Some people get a sickly feeling at one moment during the examination. This passes quickly. As the gastroscope is taken out at the end of the examination, it makes a noise in your mouth clearing any secretions.

Coming round after the gastroscopy

You may feel drowsy afterwards. You may in fact not remember the gastroscopy at all.

You may drink after the gastroscopy but your throat will still be numb. After 2 hours you can eat and drink normally.

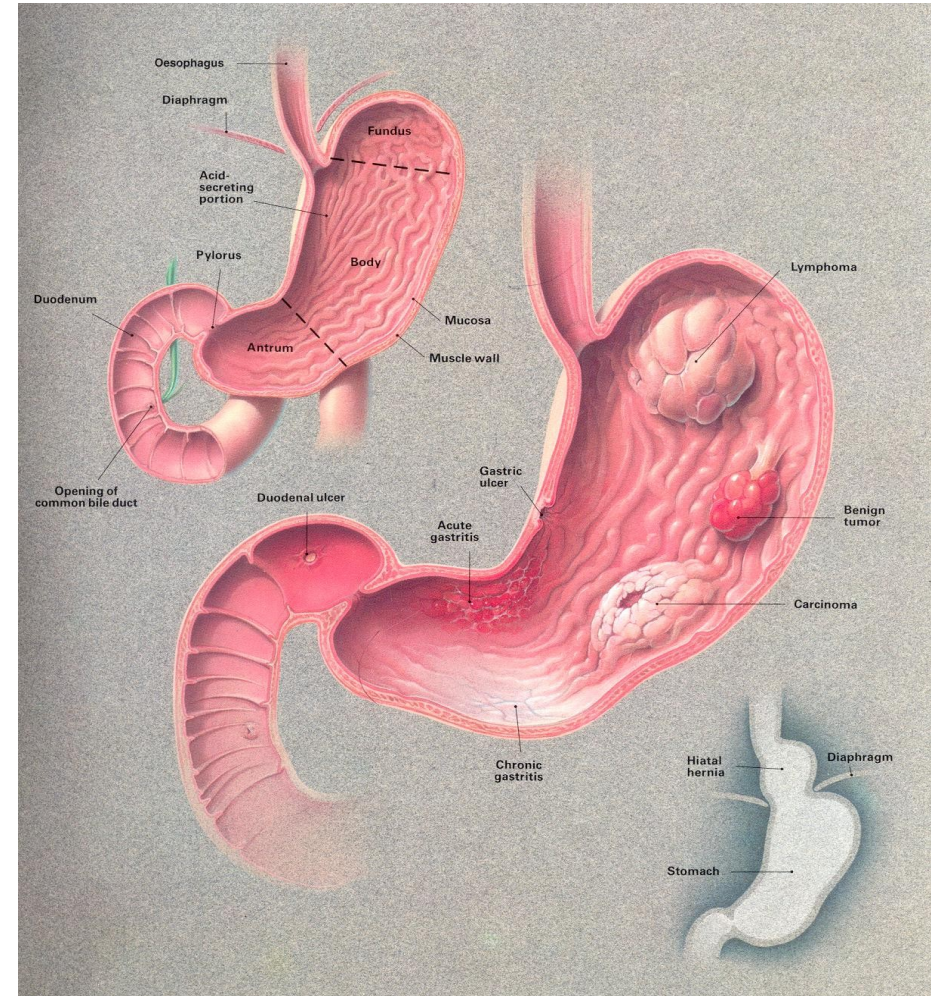
How long in rooms?

You can leave the rooms after 30 - 60 minutes provided someone goes with you. If you cannot remember the details of the test and the results because of the sedative then phone the doctor to discuss it again. Often samples of the stomach lining are removed for testing and the results take a day or two to be received.

Important

You should not drive, use machinery or make any important decisions for 24 hours since the gastroscopy can be a little upsetting to the system.

The examination is very quick and easy. If you have any problems or queries, please ask the nurses or doctors.



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