

Gastroscopy - the procedure

Gastroscopy is an examination of the gullet, stomach and duodenum using a flexible tube roughly the thickness of a pencil. You will be asked to lie on your left side. Your throat is numbed with an anaesthetic spray and a mouthpiece is kept in the mouth to prevent you biting on the scope and to prevent damage to your teeth. The scope is then passed into the stomach. A small amount of air is introduced into the stomach to make it easier to see. Small samples from the lining of the stomach (biopsy) may be taken painlessly through the scope for additional examination under a microscope. The procedure only takes a few minutes.

Eating and drinking

To allow a clear view through the gastroscope, your stomach must be empty.

You may:

- a) have a light snack **five hours** before admission time.
- b) drink **water only** up to half an hour before admission time.

You may be given a sedative.

1. With sedative or anaesthetic

You will be unaware of the procedure and this is usually provided through using an intravenous sedative which rapidly makes you sleep and the recovery rate is very quick.

2. Without sedation

Many patients find the procedure acceptable without sedation. Some Specialists therefore do the procedure using only a throat spray to numb the back of the throat, thus removing any discomfort. If, during the procedure, you feel the need of sedation you can request that you are given some.

Will it hurt?

Gastroscopy is not painful. Most patients experience some discomfort in the throat and a bloated sensation due to air inflation of the stomach. These symptoms last only a few hours.

If your throat was numbed, you may have to wait an hour for normal swallowing to return before having a drink.

The result of the test

The doctor or nurse will explain what was found at your procedure once you have recovered if you have had either anaesthetic or sedation.

Going home

You must be collected. Please arrange to be collected by a responsible adult following your procedure. If you have had sedation or anaesthetic you should arrange to have adult supervision for 24 hours. You should not drive, operate machinery or drink alcohol for 24 hours.

Special situations

1. Diabetic on Insulin. Your procedure will be performed in the morning if possible. Since you will be fasting, **do not take** your insulin in the morning on the day of the procedure.
2. Medications. If you are on medications for epilepsy, high blood pressure etc., please take your medication.
3. If you are pregnant, please inform the Nurse or Doctor when you arrive on the Ward.

WARNING

All endoscope procedures carry a **very small** risk of haemorrhage¹ or perforation² of the gut, following which, surgery may be necessary.

¹ Haemorrhage means bleeding.

² Perforation means making a hole in the wall of the gut.



Other rare complications include aspiration pneumonia and a reaction to the IV sedative drugs used to sedate. Having a gastroscopy may involve a slight risk to crowned teeth or dental bridgework.

I confirm that I have explained to the patient, the nature and purpose of the endoscopic procedure.

Date:

Signed:.....
(Medical Practitioner)



Consent form

This is a sample of the consent form you will be asked to sign on the day of your procedure

ENDOSCOPY CONSENT FORM:

I.....
of.....
.....

hereby consent (or hereby consent to the submission of my child/ward)

.....
to undergo endoscopy, the nature and purpose of which have been explained to me by
Dr

I have understood the information that has been given/told to me about the procedure. I have been given the opportunity to ask questions. I also give consent for any necessary biopsies, photographs or x-rays to be taken.

Date:

Signed:.....
(Patient)

email: info@northerntrust.hscni.net

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Gastroscopy

A guide to the test

