GASTROSCOPY

INFORMATION SHEET & INSTRUCTIONS

SHAMINDRA DIREKZE
GASTROENTEROLOGIST & HEPATOLOGIST

WHAT IS A GASTROSCOPY?

Procedure Code: 194

A Gastroscopy (OGD) is a procedure that allows the Consultant to look at the lining of the oesophagus, stomach and first part of the small bowel (duodenum). A long flexible tube/scope (thinner than your finger), with a light and a camera inside, is passed through the mouth into the oesophagus, stomach and duodenum. The procedure normally takes between 10 minutes. A biopsy may be taken if indicated, this will cause no pain.

Risks:

Complications associated with this procedure are extremely rare, however they may include perforation (tear), haemorrhage (bleeding), or reactions to medications. These complications may require urgent medical treatment or even surgical intervention (an operation) and can carry risk to life and health.

MEDICATIONS:

Continue all prescribed medication.

If you are taking blood thinning medication such as Warfarin, Plavix, Aspirin, Eliquis, Edoxaban or Pradaxa, please advise our office.

Please let us know if you are diabetic.

FASTING:

Food may be taken up to 6 hours prior to admission.

Water may be taken up to 4 hours prior to admission.

SEDATION:

The following options will be discussed with you:

Option 1: No sedation

You will be given a local anaesthetic spray to numb the back of your throat to ease the passage of the scope.

Option 2: Sedation

You will be given an intravenous injection into a vein to make you feel relaxed and sleepy, but not unconscious. **Sedation is <u>not</u> a general anaesthetic**.

If you opt for sedation, please arrange for a family member or friend to collect you, as you must be accompanied home.

SPECIAL REQUIREMENTS:

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If you use a wheelchair or have a physical, or any other disability, please contact us to let us know in advance so that we can ensure you receive the appropriate supports.

DURING THE PROCEDURE:

- A nurse will be will be with you at all times
- You will be asked to lie on your left side
- A nurse will place a plastic mouth piece between your teeth to protect them and to prevent you from biting the scope
- The doctor will administer throat spray and/or sedation
- A monitor will be placed on your finger to assess heart rate and oxygen levels
- The gastroscope is passed through your mouth
- Air is passed into your stomach which may make you belch a little
- When the procedure is finished the gastroscope is removed

FOLLOWING THE EXAMINATION:

Further tests may be requested by your Consultant and he will discuss the findings at the end of the endoscopy. These may be completed on the same day as your examination, or on a future date.

If you have not received sedation, you will be given a light snack approximately one hour post procedure, and you may go home as soon as follow up instructions have been discussed. You may resume all normal activities immediately.

If you have received sedation, you will be observed in the day ward until the effects of the sedation have worn off. The intravenous cannula will be removed from your arm before you go home. When you have sufficiently recovered, you will be offered a light snack.

DISCHARGE INFORMATION:

You may experience minor discomfort such as a sore throat or bloating post procedure. These symptoms normally settle within 24 hours.

Your nurse will advise you of further instructions or follow up pre-discharge.

If you have had sedation, for the next 24 hours you must not:

- drink alcohol
- drive

IMPORTANT:

Seek medical attention immediately if:

- you begin to vomit, have black bowel motions or rectal bleeding
- you develop severe nausea, vomiting or abdominal pain