

Gastroscopy Important information

Before your appointment

- Please take any medication as usual with a small sip of water.
- If you take **Warfarin, Clopidogral or any other anti coagulants, you may be required to stop these for your procedure.** Please seek the advice of your GP to ensure it is safe for you to stop these medications for this procedure. If you are told to continue your warfarin please have an **INR** test one week before your procedure and bring the result with you. Please advise us if you have been told **not to stop** your medication
- If you have **diabetes** please seek the advice of your diabetes nurse specialist/practice nurse or GP for information regarding any medication changes due to your restricted diet.
- If you have any questions about the procedure or find that you cannot keep this appointment, please contact the Bookings Office between 9:00 and 17:00 Monday to Friday on 01702 478885.

Preparation for your procedure

Have **nothing to eat or drink from midnight if your appointment is in the AM or nothing to eat or drink for at least 8hrs if your appointment is in the PM**, as your stomach needs to be empty for your procedure. You may however have small sips of water up to two hours before your appointment

At the hospital

Please come to the Reception area at Chartwell Private Hospital

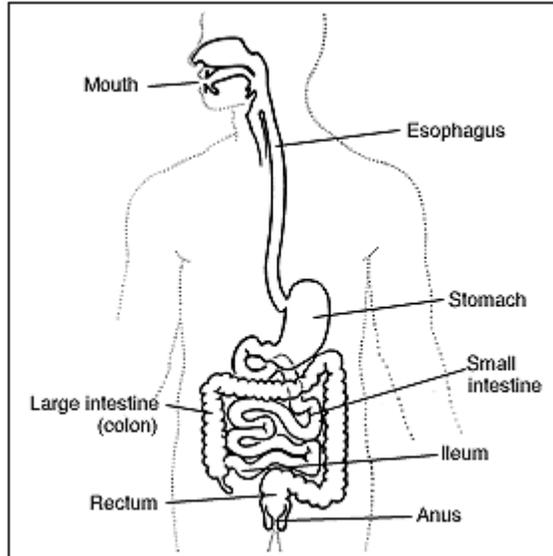
Please note that the appointment time is not the time of your procedure. The length of time you will be here will vary depending on your choice of sedation or throat spray.

Occasionally unforeseen/unavoidable delays to your appointment/procedure time can occur and we ask for your understanding at these times. Due to the specialist nature of the equipment we use breakdowns can occur that may not be able to be fixed on the day, this may result in your appointment being re-scheduled

If you are having sedation, Please ensure you are accompanied by a responsible adult to take you home by car or taxi and stay with you for up to 12hrs after your procedure. Please note we cannot sedate you if you have not arranged for someone to escort you home by car or taxi. (Public transport is not acceptable) You cannot drive for 24hrs following sedation.

What is a gastroscopy?

Your doctor has requested this procedure to help investigate and/or manage your medical condition.



Gastroscopy is an examination of the upper gut, which is the oesophagus (gullet), the stomach and duodenum (part of the small intestine joining the stomach). The procedure involves passing a narrow flexible instrument through the mouth, into the oesophagus and then into the stomach and duodenum to examine the lining. This allows us to see if there are any problems such as ulcers or inflammation. The procedure can take between 4 and 7 minutes. If it takes longer please do not worry.

Sometimes it is helpful to take a biopsy – a sample of the lining. A small instrument called forceps passes through the gastroscope to ‘pinch’ out a tiny bit of the

lining (about the size of a pinhead). This is sent to the laboratory for analysis. Most people find this completely painless.

If you wish to view a short video about this procedure please visit our website www.chartwelldiagnostics.co.uk

From the main menu select: Our services/Gastroenterology

View Gastroscopy Procedure ‘What you need to know’

Getting ready for the procedure

Wear loose fitting clothing and leave valuables at home.

On arrival to the admitting room, we will explain the procedure and take a brief medical history and ask you to sign a consent form. You can change your mind about having the procedure at any time.

Sedatives and Local anaesthetic Spray

For most people a gastroscopy is only minimally uncomfortable and sedation is not required.

There are two options for this procedure:

1. **Local anaesthetic Spay:** we will spray a local anaesthetic into the back of yourthroat. This will make it numb so that you cannot feel the gastroscope. The numbnesswill last for about half an hour.

You can leave the unit as soon as the procedure is finished and you have talked to the Endoscopist or Nurse. You may resume your normal activities such as working and driving. You will be fully aware of the procedure; most patients find this acceptable.

2. Intravenous sedation option: We will give you a sedative (by injection into a vein) to make you feel relaxed. The sedative will not put you to sleep (this is **not** a general anaesthetic). You may still be aware of the procedure.

- You will need to stay whilst you recover which may take up to an hour or more.
- You will need to be escorted home and have someone stay with you for 12 hours afterwards.
- The injection may continue to have a mild sedative effect for up to 24 hours and may also leave you unsteady on your feet for a while.

If you choose to have sedation, Please ensure you are accompanied by a responsible adult to take you home by car or taxi and stay with you for up to 12hrs after your procedure. Please note we cannot sedate you if you have not arranged for someone to escort you home by car or taxi .(Public transport is not acceptable) You cannot drive for 24hrs following sedation.

What happens during the procedure

In the procedure room, we will ask you to remove false teeth, glasses and hearing aids in the left ear. We will make you comfortable on a couch lying on your left side. The endoscopist will give you the sedation or local anaesthetic spray. We will put a plastic guard into your mouth to protect your teeth and the gastroscope. If you have sedation we will place a plastic 'peg' on your finger to monitor your pulse and oxygen levels and nasal cannula will be placed into your nostrils to deliver you oxygen. For your comfort and reassurance, a trained nurse will stay with you throughout.

As the gastroscope goes through your mouth you may gag slightly, this is quite normal and will not interfere with your breathing. During the procedure, we will put some air into your stomach so that we have a clear view; this may make you burp a little, this is also quite normal. We will remove the air at the end of the procedure.

If you make it clear that you are too uncomfortable the procedure will be stopped.

Stress incontinence

Occasionally some patients experience slight stress incontinence during the procedure. If you feel this may happen to you, you may wish to wear a pad to ensure that you are comfortable throughout your procedure.

Potential risks

Diagnostic gastroscopy procedures carry a very small risk (one in 10,000 cases) of haemorrhage (bleeding) or perforation (tear) of the gut, following which surgery may be necessary. There may be a slight risk to teeth, crowns or dental bridgework.

Another rare complication is an adverse reaction to the intravenous sedative drug (midazolam).

After the procedure

If you have **local anaesthetic spray** you may go home immediately after the procedure once you have spoken with the endoscopist or nurse. We advise you not to have anything to eat or drink until the numbness has worn off, which is usually about half an

hour. After this, you can eat and drink normally. There are no restrictions on any activities such as, driving or working. You will **not** require anyone to take you home.

If you have **sedation**, we will take you to a recovery area while the sedation wears off. We will always do our best to respect your privacy and dignity. If you have any concerns, please speak to the recovery nurse.

We advise you not to drive, operate machinery, return to work, drink alcohol or sign any legally binding documents for a 24-hour period after the procedure. We also insist that you to have a responsible adult stay with you for the next 12 hours.

Afterwards, the back of your throat may feel sore for the rest of the day and you may feel bloated if some of the air remains in your stomach. Both these discomforts will pass and should need no medication.

If you experience any of the following please contact your GP, The Chartwell Private Hospital 01702 478885 or your local Accident and Emergency department for further advice:

- severe pain,
- black tarry stools
- persistent bleeding

When do I know the result?

The Endoscopist or recovery nurse will inform you of your results and discuss your procedure after care with you. We ensure you fully understand the information given to you before going home.

Final results from biopsies or polyp removals will be assessed by your Endoscopist and then forwarded to your GP. These results can take several weeks to come through. You should discuss details of these results and any further treatment with your GP.

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If you wish to comment or complain about any aspect of our services, please address your comments to:

Richard Parsons
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